

INNISFIL

PARKS & RECREATION



*Program
Guide*



Innisfil

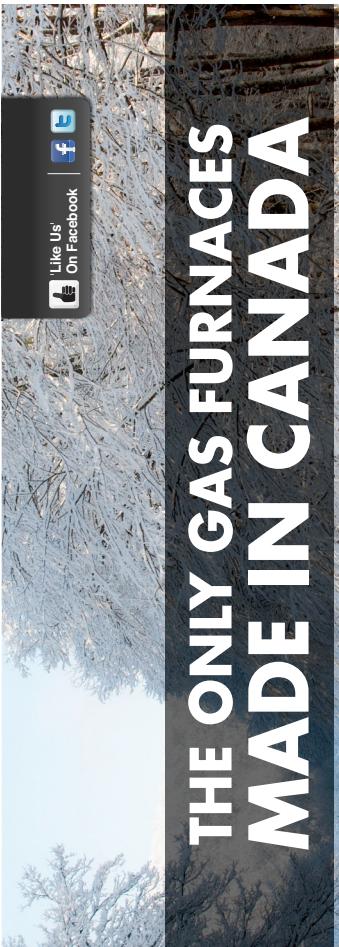
REGISTRATION START DATES:

RESIDENTS: November 28, 2012

NON-RESIDENTS: December 3, 2012

ONLINE: inn-touch.innisfil.ca

WINTER 2013



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Team INNISFIL

moving forward



Heather Jones

SALES REPRESENTATIVE

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SALES REPRESENTATIVE

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Jones | Alexander

www.remaxteaminnisfil.com

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www.countryconcessions.com

We look forward to welcoming you to this little slice of Quilters' Heaven and hope that Country Concessions will become one of your favourite quilt shops!



Winter Registration START Dates

Resident:
Wednesday, November 28th, 8:30 am

Non-Resident:
Monday, December 3rd, 8:30 am

**TELEPHONE REGISTRATION
IS NOT AVAILABLE!**



REGISTRATION LOCATIONS

Internet Registration:
inn-touch.innisfil.ca
(web address does not require www)

Mail In:
Town of Innisfil
Programs Department
2101 Innisfil Beach Road
Innisfil, Ont. L9S 1A1

Walk In/ Drop Box:
Town of Innisfil
Programs Department
2101 Innisfil Beach Road

Fax In:
(705) 436-7120
(Visa/MC only)

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For information regarding REFUNDS
and/or TRANSFERS please see Page 7.

Registration Form on Page 8.

MUST BE COMPLETED TO REGISTER

Message from the Mayor

On behalf of my colleagues on Town Council, it is my distinct pleasure to extend greetings and best wishes to our residents and visitors for the upcoming winter season. I am pleased to present you with the 2013 Winter Program Guide highlighting activities and programs offered by the Town of Innisfil.

I encourage you to take advantage of our excellent leisure facilities, and our proximity to some of the finest indoor and outdoor recreation in the region to help you and your family stay healthy and active this holiday season.

Many great events are held each year to bring our community together. In fact, the Town staff and residents have created a Sharing the Festive Season Committee that has met to share ideas for creating displays and interactive opportunities that reflect the festive traditions celebrated by people of all different beliefs and cultures. The displays will enable Innisfil residents to share celebratory experiences and will be located at both Town Hall and branches of the Innisfil Public Library and will include the placement of a Christmas tree at Town Hall during December.

The festive season events and displays will begin with the annual Cookstown Light Up Night with a tree lighting ceremony on November 9th, featuring local shops, entertainment and a parade. I also invite you to come out and join the Alcona Santa Claus Parade on Sunday, November 25th. Last but not least, mark your calendars for a free New Year's Day Skate on January 1st, 2013 at the Innisfil Recreational Complex sponsored by the Innisfil Town Council.

The Winter Program Guide offered by our staff along with the abundance of events put on by our volunteer groups and associations, create a mix of activities to meet everyone's appetite. I extend my appreciation to all those volunteers who dedicated their time and effort for the benefit of residents and visitors alike.

Have a safe and enjoyable holiday season!

Regards,

Barb Baguley
Mayor



PROGRAM REGISTRATION INFORMATION

WHERE TO FIND US?

TOWN HALL - INNISFIL PARKS,
RECREATION AND FACILITY OFFICE
2101 Innisfil Beach Road
Innisfil, ON L9S 1A1

OFFICE HOURS: Monday - Friday 8:30 a.m. - 4:30 p.m.

PHONE: (705) 436-3710 FAX: (705) 436-7120 WEB: inn-touch.innisfil.ca

WHEN CAN I REGISTER?

RESIDENT - Program registration commences Wednesday, November 28th 8:30 am

NON-RESIDENT - Program registration commences Monday, December 3rd 8:30 am

**** NO ONLINE, DROP OFF, FAX OR MAIL IN REGISTRATIONS

WILL BE ACCEPTED PRIOR TO November 28th****

Early fax, mail-ins or drop offs will NOT be processed until after registration start date as time permits. In person registration is processed while you wait, starting November 28th.

HOW DO I REGISTER?

PAYMENT ACCEPTED

INTERNET



Online Registration
inn-touch.innisfil.ca (no www required)
or www.innisfil.ca

VISA

Master Card

WALK IN



Town of Innisfil
Programs Department
2101 Innisfil Beach Road

Cash

Certified Cheque

VISA or MC

Money Order

Debit

Cheque

MAIL IN



Town of Innisfil
Programs Department
2101 Innisfil Beach Road
Innisfil, ON L9S 1A1

VISA or MC
Cheque

Certified Cheque
Money Order

DROP BOX



Town of Innisfil
Program Department
2101 Innisfil Beach Road
Innisfil, ON L9S 1A1

VISA or MC
Cheque

Certified Cheque
Money Order

FAX IN



(705) 436-7120
Town of Innisfil
Program Department

VISA

MASTER CARD

NOTE: CHEQUES NOT ACCEPTED IF PROGRAM STARTS
WITHIN 10 BUSINESS DAYS OF REGISTERING!

WHEN DO I HAVE TO REGISTER BY?

WINTER REGISTRATION CLOSES

MONDAY, December 30th

(for programs commencing week of January 7th)

Programs that do not meet their minimum registration numbers will be cancelled after the closing date.

Please register prior to closing date to avoid disappointment for all!

Registrations will still be accepted after the closing date providing spaces are available.

PROGRAM REGISTRATION INFORMATION

GENERAL INFORMATION:

The Community Recreation Program is developed and operated by Town of Innisfil Parks & Recreation in cooperation with the Simcoe County Board of Education and the Simcoe Muskoka Catholic District School Board. The purpose of the program is to extend to the community use of schools and Town owned facilities and to give citizens of the Town a better opportunity to enjoy their leisure time. Most courses will be offered providing there are sufficient people registered and a resource person for that course is available.

POLICIES:

Innisfil Parks and Recreation reserves the right to withdraw, postpone, cancel, re-locate or combine classes, limit registration or change instructors. No registrations will be accepted after the first class. Parks & Recreation has the right to withdraw any individuals who do not follow the rules and regulations set by the program and/or instructor. Classes cancelled by the Parks & Recreation Department will be rescheduled based on facility and instructor availability. On some occasions location, day and/or time may have to be adjusted. Individuals not registered in the program are not permitted in the facility.

NSF CHEQUES: A \$30 fee will be charged to all NSF cheques issued for program registrations.

REFUND: All refunds are subject to a MINIMUM administration fee of \$15.00 per program.

FULL REFUND - If the program is cancelled by Innisfil Parks & Recreation Program Department.

PARTIAL REFUND

- * Participant receives a Refund less a \$15.00 administration fee if your request is received up to 5 business days before the program begins.
- * Participant receives a Refund if your request is received before the second class, the amount refunded will be the full amount, less the cost of the first class and the \$15.00 administration fee.
- * Participant receives a pro-rated Refund if a medical certificate is submitted to the Department before the halfway point of the course.

Cancellation may be requested by phone. Phone requests MUST BE followed up IN WRITING before your refund will be released. Please allow 3 to 4 weeks after your request to process your refund cheque. Cash/Interac/Cheque payment will be refunded by cheque from the Municipal Office. Credit Card payments will be refunded on the original card.

- * Participants receive No Refund if the request is received after the midpoint of the program.
- * Participants receive No Refund if the cancellation affects minimum class numbers. A refund can only be administrated if a replacement is found, less the administration fee.

CREDIT:

Following the refund guidelines should a participant request a refund to be placed on CREDIT to their account they will be charged a reduced administration fee of \$5.00.

TRANSFERS:

One transfer within the same session will have no administrative fee charged. Additional transfers will be charged a \$5.00 administration fee.

WEATHER CANCELLATIONS:

If weather or other circumstances force the postponement of a class, the instructor will try to telephone each student in the course. During the winter months on some occasions when there is a severe blizzard which makes travel impossible an announcement will be given over B101 - FM & ROCK 95 to advise instructors and participants of cancellations. If you are in doubt at all about a course cancellation, please call the Innisfil Parks & Recreation office before 4:30 p.m.

SENIOR DISCOUNT:

Seniors (55 yrs & over) are welcome to a 10% discount on most registration fees. Red Cross & T-W.O.W programs are not included.

COURSE CANCELLATION:

The department may cancel any program that fails to meet minimum registration numbers. Registrants will be notified in writing or by phone of any cancelled programs. Those applicants will be offered a full refund or a transfer to another class (based on availability).

MINIMUM ENROLLMENT:

Innisfil Parks and Recreation offers a number of courses at various locations. As a result, some scheduled classes may not reach their required enrollment. Thus, Parks & Recreation reserves the right to cancel any courses for which enrollment does not reach the required minimum. They also reserve the right to combine any class during the session for which attendance falls below the minimum.

PARTICIPANT ACCIDENT INSURANCE:

All participants are responsible for their own hospital and medical insurance. Innisfil Parks & Recreation will not be responsible for any liabilities to person or property associated with participation in any program offered through Innisfil Parks & Recreation services.

REGISTRATION CONFIRMATION:

Drop off and mail in registrations will receive confirmation back through the mail. Walk in registrants will receive confirmations immediately. Online registrants will be responsible for printing their confirmations at the end of their registration. When you receive your confirmation check to ensure registration is correct. Please keep this receipt for your records as only one receipt will be issued.

REGISTRATIONS ACCEPTED:

Program registrations will be accepted up to the first day of the program on the basis that space is available and there are sufficient numbers to warrant a program.

Program registrations will be accepted up to Thursday at 4:30 p.m. prior to the first day of the program or lesson.

Any registration forms not signed or otherwise incomplete will not be processed.



Innisfil PROGRAM REGISTRATION FORM

MAIN CONTACT - Please print clearly.

Adult/Parent/Guardian's Last Name	First Name	Birth Date M/D/Y / /	<input type="checkbox"/> Resident <input type="checkbox"/> Non Resident	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
Family Address	Apt/Unit# ()	Home Phone # ()	Bus. or Cell Phone # ()	Ext.
City/Town	Postal Code	Your e-mail address	EMERGENCY Name & Phone # ()	

PARTICIPANT #1 INFORMATION

PARTICIPANT	First Name	Birth Date M/D/Y / /	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
Family Name			
List any medical or behavioral conditions which might affect participation in the program:			For Camp Programs Only
Course Code	1st Program Name	Fee (\$)	Shirt Size: Pre Camp <input type="checkbox"/> Yes Post Camp <input type="checkbox"/> Yes
Course Code	2nd Program Name	Fee (\$)	Pre Camp <input type="checkbox"/> Yes Post Camp <input type="checkbox"/> Yes

PLEASE CHECK BELOW: Register in all the above Courses OR Register in one Course

If class is full, please: Place my name on a wait list Cancel my request

PARTICIPANT #2 INFORMATION

PARTICIPANT	First Name	Birth Date M/D/Y / /	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
Family Name			
List any medical or behavioral conditions which might affect participation in the program:			For Camp Programs Only
Course Code	1st Program Name	Fee (\$)	Shirt Size: Pre Camp <input type="checkbox"/> Yes Post Camp <input type="checkbox"/> Yes
Course Code	2nd Program Name	Fee (\$)	Pre Camp <input type="checkbox"/> Yes Post Camp <input type="checkbox"/> Yes

PLEASE CHECK BELOW: Register in all the above Courses OR Register in one Course

If class is full, please: Place my name on a wait list Cancel my request

DISCLAIMER OF LIABILITY & RELEASE OF CLAIMS

IMPORTANT - PLEASE READ CAREFULLY

This Disclaimer of Liability and Release of Claims is to be executed by the participant, or if the participant is a minor, by the participant's parent/guardian. The Application for Program Registration ("Application") will not be accepted unless it has been executed.

In consideration of the Town of Innisfil accepting this Application I agree to this Disclaimer of Liability and Release of Claims.

Disclaimer: The participant assumes all risks associated with his or her participation on the programs offered by the Town of Innisfil. The Town of Innisfil accepts no liability for bodily injury, death, property or loss due to any cause whatsoever, including, without limitation, negligence on the part of the Town of Innisfil, including its elected officials, employees and agents.

Release: The participant and his or her parents/guardians waive any and all claims they may now and in the future may have against, and release from all liability and agree not to sue, the Town of Innisfil, and its elected officials, employees and agents. This release includes all claims for bodily injury, death, property or loss sustained by the participant as a result of his or her participation in the programs offered by the Town of Innisfil including, without limitation, negligence on the part of the Town of Innisfil, its elected officials, employees and agents. I hereby give permission for Parks & Recreation Program staff to take photographs of my child, children or myself. I understand that the photographs may appear in the Parks & Recreation Program Guide and/or Town of Innisfil web site.

Personal information collected through this registration form is pursuant to the Municipal Freedom of Information and Protection of Privacy Act, R.S.O. 1990, Chapter M.56, as amended, and will be used for registration and mailing lists. Questions about this collection should be directed to the: Jodi Longland Programs Coordinator, Town of Innisfil, 2101 Innisfil Beach Road, Innisfil ON, L9S 1A1. Telephone: 705-436-3710.

I confirm that I have read this agreement before signing it and that I understand it and that it is binding not only on me and the participant but also on our heirs, executors and assigns. This application will not be accepted unless signed.

X

Signature of Participant or Parent/Guardian

Date

METHOD OF PAYMENT - Sorry no post dated cheques.		
<input type="checkbox"/> Cash	<input type="checkbox"/> Cheque (Payable to the Town of Innisfil) (No cheques accepted 10 business days prior to program starting)	<input type="checkbox"/> Debit (walk-in only)
<input type="checkbox"/> VISA/MC#: _____	Card Holder Name: _____	
Expiry Date: _____ / _____	Card Signature: _____	

PRE SCHOOL PROGRAMS

SCOTTISH HIGHLAND DANCE

Ages 4 +

Beginner Scottish Highland Dancing for ages 4 years and up, Great exercise. Good for coordination, balance and a great workout. Prepares students to continue with Scottish highland dancing or to learn another type of dance. Great for all ages and leads into appreciation of dance, music and rhythm.

Deirdre FitzGerald studied highland dancing for over 15 years. She is an associate teacher and taught highland dancing in Shelburne. She has worked with kids with & without disabilities.

Instructor: Deirdre FitzGerald

ALCONA GLEN E.S. GYM RESIDENT FEE: \$ 55.00
NON RESIDENT FEE: \$ 66.00
8 Weeks

January 10 - February 28

Thurs. 6:15 p.m. - 7:00 p.m. Course Code: 8620



PRINCESS BALLET

Ages 2 - 3 years

This is a ballet based class where children learn the basic steps and positions of classical ballet, while developing their imaginations through creative play and the magical world of classic fairy tales.

Instructor: Marjorie Malcolm

STROUD BANQUET HALL RESIDENT FEE: \$ 46.70
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 56.10
8 Weeks
January 7 - March 4
(No class February 18)

Mon. 4:45 p.m. - 5:15 p.m. Course Code: 8614

CHURCHILL COMMUNITY RESIDENT FEE: \$ 46.70
CENTRE NON RESIDENT FEE: \$ 56.10
8 Weeks
January 11 - March 1

Fri. 5:00 p.m. - 5:30 p.m. Course Code: 8616

CHURCHILL COMMUNITY RESIDENT FEE: \$ 46.70
CENTRE NON RESIDENT FEE: \$ 56.10
8 Weeks
January 11 - March 1

Fri. 5:30 p.m. - 6:00 p.m. Course Code: 8615

PRE SCHOOL PROGRAMS

PRINCESS BALLET

Ages 3 - 5 years

This is a ballet based class where children learn the basic steps and positions of classical ballet, while developing their imaginations through creative play and the magical world of classic fairy tales.

Instructor: Marjorie Malcolm

STROUD BANQUET HALL RESIDENT FEE: \$ 46.70
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 56.10
8 Weeks
January 7 - March 4
(No class February 18)

Mon. 5:15 p.m. - 5:45 p.m. Course Code: 8618

STROUD BANQUET HALL RESIDENT FEE: \$ 46.70
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 56.10
8 Weeks
January 7 - March 4
(No class February 18)

Mon. 5:45 p.m. - 6:15 p.m. Course Code: 8617

CHURCHILL COMMUNITY RESIDENT FEE: \$ 46.70
CENTRE NON RESIDENT FEE: \$ 56.10
8 Weeks
January 11 - March 1

Fri. 6:00 p.m. - 6:30 p.m. Course Code: 8619



KINDER DANCE

Age 4 - 6 years

A combination of different dance styles, introducing your children to the world of dance. This class will include a small introduction to dance types such as; ballet, jazz, and beginner tumbling/acrobatics.

Instructor: Marjorie Malcolm

CHURCHILL COMMUNITY RESIDENT FEE: \$ 46.70
CENTRE NON RESIDENT FEE: \$ 56.10
8 Weeks
January 11 - March 1

Fri. 6:30 p.m. - 7:00 p.m. Course Code: 8612

GYMNASTICS IN BRADFORD



**Opening December for
Holiday Camp
Full Program to start
January 2nd, 2013**

**www.genesisgymnastics.ca
email: donna@genesisgymnastics.ca**

Northern Stars Gymnastics Inc.
FUN • FITNESS • FUNDAMENTALS

Winter Registration

Nov. 17th & Nov. 24th at 10 am - 1 pm
Nov. 19th – 22nd at 1:00 pm - 4:00 pm & 5 pm - 7 pm
After registration dates during office hours

Girls and Boys 18 months – Teen
Recreational & Competitive Gymnastics



Visit our website for more information.
www.northernstarsgymnastics.com

705-719-6461
27 Hooper Road, Unit 9
Barrie, Ontario, Canada L4N 9S3

PRE SCHOOL PROGRAMS

INTRO TO TWIRLING

Ages 3 - 6

Come out and enjoy Intro To Twirling. This class will combine basic baton twirling skills, ballet and jazz movement. Athletes will learn the basic twirling and dance elements and will earn a minimum WHITE ribbon. Each week the athletes will learn a new twirling skill and dance element. At the end of the program the athletes will display all their elements learned in a mini recital routine to their parents. Each athlete will receive their ribbons/badges. Ratio 4:1

Come dressed in a body suit, leggings or tights if available. Gymnastic slippers or jazz shoes. Hair longer than chin length should be tied back in a neat ponytail with no hair in face. Batons will be provided to each class member, and returned at the end of the program, or purchased for \$30.

Instructor: Stars United Baton Club

GOODFELLOW P.S. - GYM RESIDENT FEE: \$ 52.50

NON RESIDENT FEE: \$ 63.00

8 Weeks

January 9 - February 27

Wed. 6:15 p.m. - 6:45 p.m.

Course Code: 8590



MUM n' ME FITNESS

Mom's and Baby between 3 - 18 months

Program especially designed to help Moms get back into shape with their little ones (btw 3-18 mnths). Bond with baby and other mothers in your community while strengthening your muscles in this comprehensive full-body fitness program.

Jennifer is an enthusiastic fitness professional with 8 years of coaching experience. Certified as a Group Fitness Instructor through CanFitPro, she is dedicated to providing balanced, whole-body routines which are fun and practical.

Instructor: Jennifer Dare

STROUD BANQUET HALL RESIDENT FEE: \$ 60.80

(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 72.90

8 Weeks

January 10 - February 28

Thurs. 10:00 a.m. - 11:00 a.m.

Course Code: 8629





Playball offers formalized sport and movement development for boys and girls beginning at 2 years of age. At each level the children's developmental, emotional and physical needs are met. The progressive nature of Playball sets boys and girls up for immediate and future success in sport. Positive coaching methods are used to develop life skills like independence, self confidence, courage, discipline, concentration and listening skills, good sportsmanship, responsibility and social interaction. Each program has an impressive creative component that ensures each lesson is both exciting and positive. Boys and girls are never bored and genuinely love the lessons.

INTRODUCTION

TWO CAN DO

Age 2 years (before programs starts!)

In this program we lay down the basic foundation of movement in order to enable the child to accomplish more challenging sport related skills in later years. This program is designed to be a slow transition by creating independence. Max. 6 children per class. Parent participation may be required for the first 1/2 to 3/4 of the program. Indoor shoes required.

Instructor: Certified Playball Instructor

STROUD BANQUET HALL RESIDENT FEE: \$ 94.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 112.00

8 Weeks

January 9 - February 27

Wed. 11:00 a.m. - 11:30 a.m. Course Code: 8656

8 Weeks

January 9 - February 27

Wed. 6:00 p.m. - 6:30 p.m. Course Code: 8655

WATCH ME AT 3!

Ages 3 - 4 years

A comprehensive program of skills and games carefully devised and structured to teach a wide range of sports and social skills while encouraging the young child to participate within the group. The environment is non-intimidating, caring and friendly with an emphasis on having fun with movement and playing games. This helps to make your child's first introduction to sport a happy and positive one.

Instructor: Certified Playball Instructor

STROUD BANQUET HALL RESIDENT FEE: \$ 100.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 120.00

8 Weeks

January 9 - February 27

Wed. 11:30 a.m. - 12:15 p.m. Course Code: 8657

INDOOR SOCCER

Ages 3 - 5 years

The perfect introduction to soccer and team participation. Fun and non-competitive games and drills introduce the basic skills of soccer. No aimless running around - every child has their own ball and is kept busy for the entire session. Maximum 8 children per class.

Instructor: Certified Playball Instructor

ALCONA GLEN E.S. GYM RESIDENT FEE: \$ 100.00
NON RESIDENT FEE: \$ 120.00

8 Weeks

January 10 - February 28

Thurs. 6:00 p.m. - 6:45 p.m. Course Code: 8852



PLAYBALL

Ages 3 - 5 years

This is a comprehensive program of skills and games carefully devised and structured to teach a wide range of sports and social skills. The emphasis is on having fun with movement and playing games so that your child's first introduction to sport is a happy and positive one. Maximum 8 children per class.

Instructor: Certified Playball Instructor

ALCONA GLEN E.S. GYM RESIDENT FEE: \$ 100.00
NON RESIDENT FEE: \$ 120.00

8 Weeks

January 10 - February 28

Thurs. 6:45 p.m. - 7:30 p.m. Course Code: 8658

Gymnastics

Gymnastics for Boys & Girls

Ages 18 months and up

Programs offered for Pre-school, Recreational & Teams in
Gymnastics & Tumbling

Fall Registration

Aug. 21 & 28 &
Sept 4, 5, 6
from 10am – 2pm
& 6pm – 8pm
Sat. Sept 8
from 11am – 1pm
Classes Run
Sept. – Dec. 2012

X-Mas Break Camp

Full Day
ages 6-14 yrs
½ Day
ages 3-5 yrs
Gym Only
ages 6-14 yrs

Winter Registration

Nov 20, 21, & 22
from 10am – 2pm
& 6pm – 8pm
Sat. Nov 24
From 11am – 1pm
Classes Run
January – March 2013

We are a non-profit organization providing high quality gymnastics
in a 14,000 sq. ft. facility for over 40 years!



Barrie Kempettes Gymnastics Club

145 Welham Road unit#6, Barrie, Ontario, Canada
Phone: 705-726-0370
www.barriekempettes.ca



CHILDREN'S CROSS COUNTRY LEARN TO SKI PROGRAMS

Programs starting at only \$85 per child
Kids programs include a full ski season pass!

- Focus on Fun and Learning
- 6 to 1 skier/staff ratio allows for the highest level of instruction and supervision
- All trails are groomed and maintained daily
- Rentals and rental packages available

Call (705) 487-3775 or
visit us at www.hardwoodskiandbike.ca

PRE SCHOOL PROGRAMS



Ages 1 - 2 years

Babynastix is a fun fitness movement education program focusing on gross and fine motor skills, balance and co-ordination, spatial and body awareness all the while stimulating their senses. The children and parents participate in 2 to 3 main activities with a new activity added each week. Children are born to move and through Monkeynastix we encourage them to explore & discover the world through their senses & their bodies with our fun exciting movement education program.

Instructor: Monkeynastix Canada

STROUD BANQUET HALL RESIDENT FEE: \$ 107.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 130.00
8 Weeks

January 7 - March 4
(No class February 18)
Mon. 10:45 a.m. - 11:15 a.m. Course Code: 8645

ALCONA GLEN E.S. GYM RESIDENT FEE: \$ 107.00
NON RESIDENT FEE: \$ 130.00
8 Weeks

January 8 - February 26
Tues. 6:00 p.m. - 6:30 p.m. Course Code: 8644



Ages 4 - 6 years

Monkeynastix is a fun non-competitive fitness movement education program focusing on developing strength and flexibility, gross and fine motor skills, balance and co-ordination, spatial and body awareness, eye hand and eye foot co-ordination while continuing to stimulate their proprioception and vestibular senses. Let Monkeynastix take your child on a journey of discovery that will not only shape the body, but wire the mind for academic success.

Instructor: Monkeynastix Canada

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 107.00
NON RESIDENT FEE: \$ 130.00
8 Weeks

January 8 - February 26
Tues. 7:00 p.m. - 7:30 p.m. Course Code: 8648



PRE SCHOOL PROGRAMS



Ages 2 - 3 years

Monkeynastix is a fun non-competitive fitness movement education program focusing on developing strength and flexibility, gross and fine motor skills, balance and co-ordination, spatial and body awareness, eye hand and eye foot co-ordination while continuing to stimulate their proprioception and vestibular senses. We teach children Monkeynastix in a fun, safe environment, raising their levels of self confidence, all the while building skills necessary for learning.

Instructor: Monkeynastix Canada

STROUD BANQUET HALL RESIDENT FEE: \$ 107.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 130.00
8 Weeks

January 7 - March 4

(No class February 18)

Mon. 11:15 a.m. - 11:45 a.m. Course Code: 8647

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 107.00
NON RESIDENT FEE: \$ 130.00
8 Weeks

January 8 - February 26

Tues. 6:30 p.m. - 7:00 p.m. Course Code: 8646



MORE THAN BABY TALK BABY SIGN LANGUAGE Level 1 - Birth - 3 years

This is an excellent way to get started. Learn basic signs to communicate with your baby. Signs such as, "more", "mommy", "daddy", "milk", food signs, animal signs and more!

Instructor: Angela Bowman

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 85.00
NON RESIDENT FEE: \$ 102.00
6 Weeks

January 7 - February 11

Mon. 10:00 a.m. - 10:45 a.m. Course Code: 8604

ALCONA GLEN E.S. STAGE RESIDENT FEE: \$ 85.00
NON RESIDENT FEE: \$ 102.00
6 Weeks

Janaruy 10 - February 14

Thur. 6:00 p.m. - 6:45 p.m. Course Code: 8605

PRE SCHOOL PROGRAMS

LITTLE NINJA

Ages 4 - 6

This program is a recreation program that contains a detailed curriculum focused on improving the younger child's basic listening and motor skills. These skills will help them enter society with a more confident and enthusiastic approach. There are eight major skills that our instructors focus on during the class, they are: Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness and Coordination. Each class will cover one of these skills with a wide variety of activities that are fun and at the same time educational. Martial Arts is much more than kicking and punching, it's being the best that you can be in everything you do, just like a black belt. Our motto is Little Ninjas today, leaders tomorrow. This program is the perfect opportunity to experience martial arts. Many children then go on to join Jody Moon's Yujo Martial Art Studio.

Our motto at Yujo:

"Family that kicks together sticks together."

**Instructor: Jody Moon's Yujo
Mixed Martial Arts Centre**

YUJO MARTIAL ARTS RESIDENT FEE: \$ 42.50
STUDIO - STROUD NON RESIDENT FEE: \$ 51.00
8 Weeks

January 12 - March 2

Sat. 12:25 p.m. - 12:55 p.m. Course Code: 8851

8 Weeks

January 12 - March 2

Sat. 1:00 p.m. - 1:30 p.m. Course Code: 8641



**Resident Registration Starts
November 28th at 8:30 a.m.
Registration Form on Page 8**

PRE SCHOOL PROGRAMS

SKATING LEVEL 1

Ages 2+

ALCONA SANTA CLAUS PARADE

SUNDAY, NOVEMBER 25TH

starting at 1:30 p.m.
at Jans Blvd & ending at
Innisfil Beach Park.

For further information contact
Gord Wauchope at **436-5388**.



PRE SCHOOL PROGRAMS

SKATING LEVEL 1

Ages 2+

This preschool program is designed for pre-beginners. This class focuses on developing the fundamentals of skating through fun incentives and creative play on ice. Learn proper skills development through this highly successful program. This is an excellent way to introduce the sport of skating, whether the skater is interested in figure skating, hockey or speed skating.

*Children must wear a CSA approved hockey helmet,
skates and mittens.*

Azure-Dee has her Gold Level Starskate tests as well as her senior competitive under the coaching of Doug Leigh. She is a certified Level 2 coach. Level 1 special need and Adult Skate and power skating. Azure-Dee also guest coaches for many Georgian Bay Hockey teams focusing on edge quality and power.

Instructor: Azure-Dee Perkins

INNISFIL RECREATIONAL	RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY	NON RESIDENT FEE: \$ 84.00
6 Weeks	
January 7 - February 11	
Mon. 9:45 a.m. - 10:10 a.m.	Course Code: 8675

6 Weeks	
January 8 - February 12	
Tues. 9:45 a.m. - 10:10 a.m.	Course Code: 8676

6 Weeks	
January 11 - February 22	
(No class February 8)	
Fri. 9:45 a.m. - 10:10 a.m.	Course Code: 8677

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL	RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY	NON RESIDENT FEE: \$ 84.00
6 Weeks	
January 8 - February 12	
Tues. 4:15 p.m. - 4:40 p.m.	Course Code: 8674

6 Weeks	
February 19 - April 2	
(No class March 12)	
Tues. 4:15 p.m. - 4:40 p.m.	Course Code: 8678

PRE SCHOOL PROGRAMS

SKATING LEVEL 2

Ages 3+

This preschool program is designed for beginners. This class focuses on developing the fundamentals of skating through fun incentives and creative play on ice. Learn proper skills development through this highly successful program. This is an excellent way to introduce the sport of skating, whether the skater is interested in figure skating, hockey or speed skating.

Children must wear CSA approved hockey helmet, skates and mittens.

Azure-Dee has her Gold Level Starskate tests as well as her senior competitive under the coaching of Doug Leigh. She is a certified Level 2 coach. Level 1 special need and Adult Skate and power skating. Azure-Dee also guest coaches for many Georgian Bay Hockey teams focusing on edge quality and power.

Instructor: Azure-Dee Perkins

INNISFIL RECREATIONAL RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 84.00
6 Weeks

January 7 - February 11

Mon. 10:10 a.m. - 10:35 a.m. Course Code: 8680

6 Weeks
January 8 - February 12

Tues. 10:10 a.m. - 10:35 a.m. Course Code: 8681

6 Weeks
January 11 - February 22
(No class February 8)

Fri. 10:10 a.m. - 10:35 a.m. Course Code: 8682

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 84.00
6 Weeks

January 10 - February 14

Thurs. 4:15 p.m. - 4:40 p.m. Course Code: 8679

6 Weeks
February 21 - April 4
(No class March 14)

Thurs. 4:15 p.m. - 4:40 p.m. Course Code: 8683

PRE SCHOOL PROGRAMS

SKATING LEVEL 3

Ages 3+

This preschool program is designed for advanced beginners. This class focuses on developing the fundamentals of skating through fun incentives and creative play on ice. Learn proper skills development through this highly successful program. This is an excellent way to introduce the sport of skating, whether the skater is interested in figure skating, hockey or speed skating.

Children must wear a CSA approved hockey helmet, skates and mittens.

Instructor: Azure-Dee Perkins

INNISFIL RECREATIONAL RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 84.00
6 Weeks
January 7 - February 11
Mon. 10:35 a.m. - 11:00 a.m. Course Code: 8685

6 Weeks
January 8 - February 12
Tues. 10:35 a.m. - 11:00 a.m. Course Code: 8686

6 Weeks
January 11 - February 22
(No class February 8)
Fri. 10:35 a.m. - 11:00 a.m. Course Code: 8687

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL RESIDENT FEE: \$ 70.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 84.00
6 Weeks
January 10 - February 14
Thurs. 4:45 p.m. - 5:10 p.m. Course Code: 8684

6 Weeks
February 21 - April 4
(No class March 14)
Thurs. 4:45 p.m. - 5:10 p.m. Course Code: 8688



WALKING TRACK

Innisfil Recreational Complex
Starting December 3rd, 2012

PARENTS & TOTS

Tuesdays & Thursdays 9:30am - 11:00am
\$2.00/visit

SENIORS

Tuesdays: 11:00am - 12:30pm
Wednesdays: 9:30 - 11:00am
\$2.00/visit



Capacity is limited. Available on a first come, first serve basis.



Innisfil
Corporate
Sponsorship Program

Rink Boards
Arena Wall Boards
Ice Resurfacers
at the
Innisfil Recreation Complex,
Stroud Arena & the Lefroy Arena

905-775-3832

PRE SCHOOL PROGRAMS

SKATING - RISING STARS

Ages 4+

This program is designed for skaters past the beginner levels (4+). The focus is on developing the fundamentals of skating through fun incentives and creative play on ice. Learn proper skills development through this highly successful program. This is an excellent way to introduce the sport of skating whether the skater is interested in figure skating, hockey or speed skating.

Instructor: Emily Giles

INNISFIL RECREATIONAL RESIDENT FEE: \$ 87.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 104.40
6 Weeks

January 7 - February 11
Mon. 4:15 p.m. - 5:05 p.m. Course Code:8692

INNISFIL RECREATIONAL RESIDENT FEE: \$ 58.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 69.60
4 Weeks

February 25 - March 25
(No class March 11)
Mon. 4:15 p.m. - 5:05 p.m. Course Code:8693

SKATING - PARENT & TOT LEARN TO SKATE

Ages 3+

This class is designed to allow parent/caregiver the opportunity to learn to skate while their 3 to 5 year old is introduced to ice skating in a relaxed, fun environment. Tot must be able to stand with skates on.

The fee is for both participants. Additional tots can register at an additional fee of \$30.00 each (resident). *Please register both parent and tot. All children and parents must wear a CSA approved hockey helmet, skates and mittens on their hands.*

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL RESIDENT FEE: \$ 110.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 132.00
10 Weeks

January 8 - March 26
(No class February 26 & March 12)
Tues. 4:45 p.m. - 5:15 p.m. Course Code: 8689

All children must
turn the appropriate
age prior to the end
of the course
in order to register!

PRE SCHOOL PROGRAMS

KINDER ARTIST

Ages 3 - 5 years

PLEASE DRESS FOR MESSY ART MAKING!

This programme is designed to foster the creativity of pre-school children. Each session will feature a hands-on activity using different materials and methods. Participants will experiment and create artwork by working in printmaking, sculpture, drawing and painting.



Rachel Morrison graduated from the Crafts and Design Program at Sheridan College in the spring of 2011. Specializing in eco-friendly surface design of one-of-a-kind fibre art pieces, she tends to work in a very intuitive way. Morrison has exhibited in the Ontario Crafts Council Gallery, as part of the Hamilton Arts Crawl, as well as some smaller rural venues. Ms. Morrison has been the recipient of a number of awards, including a summer Harbourfront Craft Studio Scholarship in 2010. During her time in school, Morrison worked as a teaching assistant and technician for the Studio Continuing Education program, after-hours studio monitor, and as a Chairperson and Treasurer for the Fundraising and Exhibition Planning Committee. Currently,

**Instructor: Rachel Morrison,
MacLaren Art Centre**

LEFROY BANQUET HALL RESIDENT FEE: \$ 150.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 180.00
 8 Weeks
January 26 - March 16

Sat. 10:30 a.m. - 12:30 p.m. Course Code: 8598

INFANT MASSAGE Parent and Baby between 0 - 8 months

Infant Massage Therapy is an excellent tool for new parents to bond with their new baby! You will learn to relieve your baby's gas discomfort, provide body awareness for your baby, calm your baby and best of all massage them head to toe. Please bring a pillow and some edible oil (in a container that you can use a little at a time)

Instructor: Patti Moss

LAKESHORE LIBRARY RESIDENT FEE: \$ 66.40
 NON RESIDENT FEE: \$ 79.70
 4 Weeks
January 8 - January 29

Tues. 1:00 p.m. - 1:45 p.m. Course Code: 8856

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 66.40
 NON RESIDENT FEE: \$ 79.70
 4 Weeks
January 11 - February 1

Fri. 6:30 p.m. - 7:15 p.m. Course Code: 8859

PRE SCHOOL PROGRAMS



PLAYBALL Ages 4 - 5 years

Playball offers formalized sport and movement development for boys and girls beginning at 2 years of age. At each level the children's developmental, emotional and physical needs are met. The progressive nature of Playball sets boys and girls up for immediate and future success in sport. Positive coaching methods are used to develop life skills like independence, self confidence, courage, discipline, concentration and listening skills, good sportsmanship, responsibility and social interaction. Each program has an impressive creative component that ensures each lesson is both exciting and positive. Boys and girls are never bored and genuinely love the lessons.

This part of the Playball program provides boys and girls with a solid grounding and basic competence in skills related to soccer, baseball, hockey, basketball and tennis while maintaining a fun-filled, non-competitive environment. Maximum 8 children per class.

Instructor: Certified Playball Instructor

STROUD BANQUET HALL RESIDENT FEE: \$ 100.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 120.00
 8 Weeks
January 9 - February 27

Wed. 6:30 p.m. - 7:15 p.m. Course Code: 8583



**Resident Registration Starts
November 28th at 8:30 a.m.
Registration Form on Page 8**



INNISFIL MINOR LACROSSE

2013 PRE-SEASON DEVELOPMENT CLINICS
at the Bradford Sports Dome
New and experienced players welcome!



\$10.00 per session

Check the details at
www.wolfpacklacrosse.com
New registrations 8 yrs (2005's)
and younger receive a free stick!

RUN WITH THE
PACK AND
NEVER
LOOK BACK

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inn-touch.innisfil.ca or 705-436-3710

CHILDREN & YOUTH

SKATING - BEGINNER

Ages 5 - 7 years

The beginner level is for those children who can skate the width of the ice on their own. This program develops basic skating techniques such as proper posture, stroking, stopping and backwards skating. All children must wear a CSA approved hockey helmet and mittens on their hands. Maximum ratio 1:10

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL RESIDENT FEE: \$ 125.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 150.00

10 Weeks

January 8 - March 26

(No class February 26 & March 12)

Tues. 5:20 p.m. - 6:05 p.m. Course Code:8672

SKATING - INTERMEDIATE

Ages 6+

The intermediate skater will do drills that will improve the basic skills they have, such as skating harder, faster, cross cutting and sharper stopping. All skaters must wear a CSA approved hockey helmet. Maximum ratio 1:12.

Debbie has 30 years experience, a BA in Physical Education and is certified as a Level 3 National Coaching Association coach. Current CPR and First Aid certification.

Instructor: Debbie Neufeld

INNISFIL RECREATIONAL RESIDENT FEE: \$ 125.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 150.00

10 Weeks

January 10 - March 21

(No class March 14)

Thurs. 5:20 p.m. - 6:05 p.m. Course Code: 8673



inn-touch.innisfil.ca or 705-436-3710

CHILDREN & YOUTH

PRE BEGINNER/BEGINNER POWER SKATING Ages 5+

The power skating program specializes in techniques that introduce a more efficient stride and quick acceleration. Skaters will develop better balance, power, agility and speed as they improve their skating fundamentals.

Justin has been coaching figure skating and power skating for the past 7 years. Justin is a level 2 certified coach and fully trained in first aid. He competed at the Senior National level in figure skating and played Minor Midget hockey where he then decided to focus more on skating. Justin is currently in International Business as a post grad at Georgian College.

Please Note: Full equipment required (including a stick).

Instructor: Justin Perdu

INNISFIL RECREATIONAL RESIDENT FEE: \$ 125.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 150.00

10 Weeks

January 7 - March 25

(No class February 18 & March 11)

Mon. 5:15 p.m. - 6:05 p.m.

Course Code: 8691

INTERMEDIATE/ADVANCED POWER SKATING Ages 5+

Work further on developing more hockey type skills. This power skating program is designed to increase your power, agility, speed and coordination. Qualified instructor will stress the principles of balance, stance and posture. This is an excellent opportunity for house league, rep players and others who wish to strengthen his or her skills.

Justin has been coaching figure skating and power skating for the past 7 years. Justin is a level 2 certified coach and fully trained in first aid. He competed at the Senior National level in figure skating and played Minor Midget hockey where he then decided to focus more on skating. Justin is currently in International Business as a post grad at Georgian College.

Please Note: Full equipment required (including a stick).

Instructor: Justin Perdu

INNISFIL RECREATIONAL RESIDENT FEE: \$ 125.00
COMPLEX - BRALEY NON RESIDENT FEE: \$ 150.00

10 Weeks

January 7 - March 25

(No class February 18 & March 11)

Mon. 6:15 p.m. - 7:05 p.m.

Course Code: 8690

CHILDREN & YOUTH

INTRODUCTION TO HORSEBACK RIDING Ages 8+

Participants will be introduced to correct methods of handling horses. From the ground including: leading, grooming techniques and tacking. Riding sessions will stress the basics: how to safely mount/dismount, halt and communicate with the horse at walk and trot. Safety equipment is required including: sturdy boots with heels and approved safety helmets. (Some helmets available for loan). Release forms must be signed by both the participant and legal guardian if participant is under 18 years of age. Ratio 1:3

Instructor: Christy Zerygiewic

WOODWIND SOUTH RESIDENT FEE: \$ 146.90
STABLES (Mapleview E) NON RESIDENT FEE: \$ 176.30

4 Weeks

February 4 - March 4

(No class February 18)

Mon. 6:00 p.m. - 7:30 p.m.

Course Code: 8582



All children must turn the appropriate age prior to the end of the course in order to register!

"My Dad says it's about PROTECTION.

My Mom says
it's about
FOCUS
and I say it's
FUN!"

Our classes will make children safer, but we focus on much, much more than just self-defense.

We teach ANGER MANAGEMENT and NON-VIOLENT CONFLICT RESOLUTION.

We develop vital skills of CONCENTRATION and FOCUS, and we build CONFIDENCE and SELF-ESTEEM.

We also offer a way for you to try our school out before enrolling to



Jody Moon's Yujo Mixed
Martial Arts Centre Inc.
201 Sunnybrae Ave.,
Innisfil, Ontario
705-436-KICK

A Positive Attitude Training Centre.



KIDZ NATION AFTER SCHOOL PROGRAM

Give your kids the fantastic opportunity of Kidz Nation. A positive attitude After school training program.

- Activities that benefit your child putting them on the path for success in all they endeavor to do.
- So much fun your kids won't want leave.
- Recreational dance classes are available.
- Martial Arts classes are available, or Kidz Nation can be a stand alone program.

705-436-6250



inn-touch.innisfil.ca or 705-436-3710

CHILDREN & YOUTH

SAMURAI MARTIAL ARTS

Ages 7 to 14 & Parent/Guardian

Children across Innisfil have enjoyed learning the basics of Karate while building up their self-esteem and confidence. Due to overwhelming requests we have opened this program up to parents/guardians. Now children and parents/guardians can train together. Learn practical self-defense with the emphasis being placed on how to recognize and avoid potentially dangerous situations. A Certificate of Recognition will be given at the end of the program. Fee below is per participant.

Our motto at Yujo:
"Family that kicks together sticks together."

**Instructor: Jody Moon's Yujo
Mixed Martial Arts Centre**

YUJO MARTIAL ARTS **RESIDENT FEE: \$ 65.00**
STUDIO - STROUD **NON RESIDENT FEE: \$ 78.00**

10 Weeks

January 8 - March 19
(No class March 12)

Tues. 6:15 p.m. - 7:15 p.m. Course Code: 8642



INTRO TO TWIRLING Ages 7+

Come out and enjoy "Intro To Twirling." This class will combine basic baton twirling skills, ballet and jazz movements. Athletes will learn the basic twirling and dance elements and will earn a minimum WHITE ribbon. Each week the athletes will learn a new twirling skill and dance element. At the end of the program the athletes will display all their elements learned in a mini recital routine to their parents. Each athlete will receive their ribbons/badges. Ratio 4:1

Come dressed in a body suit, leggings or tights if available. Gymnastic slippers or jazz shoes. Hair longer than chin length should be tied back in a neat ponytail with no hair in face. Batons will be provided to each class member, and returned at the end of the program, or purchased for \$30.

Instructor: Stars United Baton Club

GOODFELLOW P.S. - GYM **RESIDENT FEE: \$ 59.00**

NON RESIDENT FEE: \$ 70.80

8 Weeks

January 9 - February 27

Wed. 6:45 p.m. - 7:30 p.m. Course Code: 8591



CHILDREN & YOUTH

PILOGA - FOR FAMILIES Ages 11 +

Pilates and Yoga, The best of both worlds! Core strengthening Pilates movements combined with classic yoga poses will leave you strong, flexible and relaxed.

Benefits: Increase flexibility, strengthen muscles, strengthen core, decreases stress. Burn up to 200 calories/hour.

Come with lots of water, you are going to need it!

Mary has 26 years experience in fitness. Certified fitness trainer with Can Fit Pro.

Instructor: Mary Natale

ALCONA GLEN E.S.-GYM **ADULT RESIDENT FEE:** \$75.60
 ADULT NON RESIDENT FEE: \$90.80
 YOUTH RESIDENT FEE: \$ 66.00
YOUTH NON RESIDENT FEE: \$ 79.00
(Youth programs do not include HST)

8 Weeks

January 8 - February 26

Tues. 8:00 p.m. - 9:00 p.m.

Course Code: 8863



**Resident Registration Starts
November 28th at 8:30 a.m.
Registration Form on
Page 8**

CHILDREN & YOUTH

ART START Age 6 - 9 years

The Art Start programme has been introducing art making for over 15 years and is designed to engage and challenge imaginations. Led by a regional artist, the MacLaren Art Centre is pleased to offer this popular programme to Innisfil residents. Participants explore a variety of techniques and media to include: drawing, painting, printmaking, sculpture and more. This is eight weeks of art-making fun! **Rachel** graduated from the Crafts and Design Program at Sheridan College in the spring of 2011. Specializing in eco-friendly surface design of one-of-a-kind fibre art pieces, she tends to work in a very intuitive way. Ms. Morrison has exhibited in the Ontario Crafts Council Gallery, as part of the Hamilton Arts Crawl, as well as some smaller rural venues. Ms. Morrison has been the recipient of a number of awards, including a summer Harbourfront Craft Studio Scholarship in 2010. During her time in school, Morrison worked as a teaching assistant and technician for the Studio Continuing Education program, after-hours studio monitor, and as a Chairperson and Treasurer for the Fundraising and Exhibition Planning Committee. Currently, Ms. Morrison is a Studio Assistant for VanGo, MacLaren's signature artist-in-the-schools programme and is also delivering a variety of programmes at the Gallery for children and adults.

Instructor: Rachel Morrison MacLaren Art Centre

LEFROY BANQUET HALL **RESIDENT FEE:** \$ 150.00
(ARENA - UPSTAIRS) **NON RESIDENT FEE:** \$ 180.00
8 Weeks

January 26 - March 26
(No class March 16)

Sat 1:30 p.m. - 3:30 p.m.

Course Code: 8592



CHILDREN & YOUTH

DIGITAL SCRAPBOOKING

Ages 13 +

Are you the person who takes lots of pictures and traditional scrapbooking isn't for you? Then this workshop might be for you. You'll never have to print another picture again, just display them in a beautiful memory Storybook that your family will love. So bring your laptop PC, photos and create your story your way!

Includes a coupon for \$39.95 for a hard cover 20 page Storybook. Individuals must pay for shipping and handling plus taxes.

Instructor: Cathie Apsey

CHURCHILL COMMUNITY RESIDENT FEE: \$ 80.00
CENTRE NON RESIDENT FEE: \$ 95.00

1 Day

January 26

Sat. 9:00 a.m. - 1:00 p.m. Course Code: 8853



TENNIS BASICS 11 & Under

Come and learn the rules and basic techniques of Tennis in a relaxed, non competitive environment. Tennis is ideal for cross training with other sports. Tennis will improve footwork, eye-hand coordination and offers a great workout. Keep fit and have fun with a sport played all over the world by people of all ages and abilities. **Diyana** is an experienced tennis instructor who has coached at the University of Toronto and privately. As a junior he played in ATP sanctioned tournaments overseas.

Clean indoor shoes & your own racquet (if possible), some available through instructor. Please indicate when registering.

Instructor: Diyan Selvadurai

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 78.80
NON RESIDENT FEE: \$ 94.50

10 Weeks

January 7 - March 25

(No class February 18 & March 11)

Mon. 7:00 p.m. - 8:00 p.m.

Course Code: 8698

For more information call
Innisfil Parks & Recreation
at (705) 436-3710

COMICS AND CARTOON ART

Ages 9 - 14 years

Learn to draw cartoons and comics - find out how to draw cartoon characters, comic strips, and storyboards. Learn cartooning techniques and get expert tips on drawing for comics and animation. The course would be applicable for Fall 2012 students and new first time students **Bob** attended O.C.A.D. in Toronto and the school of Visual Arts in New York City, where he won a scholarship. He created hundreds of cartoons and comic strips for magazines and newspapers in Canada and the USA, including the Toronto Star and Toronto Sun. Bob also, created and drew Chirp for Owl Magazines for fourteen years.

**Material list is included on receipt*

Instructor: Bob Kain

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 115.00
NON RESIDENT FEE: \$ 138.00
6 Weeks
January 26 - March 9
(No class February 16)

Sat. 10:30 a.m. - 12:30 p.m. Course Code: 8621



MANGA MADNESS

Ages 9 - 14 years

This course is designed to help artists get started drawing in a 'Manga' style. Manga originated in Japan and is used in over 80 percent of todays graphic novels.

Start with some basic drawing guidelines and techniques, Then build on this foundation and draw Manga characters step by step. These examples cover a wide variety of categories and character types. It won't be long before the student will be creating a whole cast of characters.

**Material list is included on receipt*

Instructor: Bob Kain

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 115.00
NON RESIDENT FEE: \$ 138.00
6 Weeks
January 26 - March 9
(No class February 16)

Sat. 1:00 p.m. - 3:00 p.m. Course Code: 8640



BOYS BEGINNER HIP HOP Ages 6 +

This is a new take on what we all know to be called “hip-hop”. Your child will learn beginner break dancing moves, flips, and hip-hop type steps and footwork. This will be a class focused on boys, and will allow them to explore their own inner styles and expressions, while learning this new fun and energetic take on the hip-hop style of dance!

Instructor: Marjorie Malcolm

STROUD BANQUET HALL RESIDENT FEE: \$ 55.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 66.00
8 Week
January 7 - March 4
(No class February 18)
Mon. 6:15 p.m. - 7:00 p.m. Course Code: 8611

Mon. 6:15 p.m. - 7:00 p.m. Course Code: 8611

All children must turn the appropriate age prior to the end of the course in order to register!



- Hunter/Jumper Lessons
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 - Boarding and Showing

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Coaches

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**For more info or to contact us please visit
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www.innisfilskatingclub.ca



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Skating Season.**

Skate Canada programs for all



Our programs run Monday and Wednesdays from October to March.

Still Accepting Registrations

For more information contact:

Call Joanne at 705-722-6457
or Shannon at 705-431-7575

Email: nick.balazs@sympatico.ca

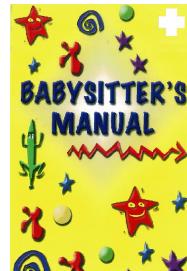
Also see us on Facebook



CHILDREN & YOUTH

BABYSITTER'S COURSE

Ages 11 years +



Babysitters are you prepared? This comprehensive course is designed for young adolescents 11 years of age and older who want to become a babysitter or may already be one. The Babysitter's course covers the same topics as the Home Alone as well as the following: rights and responsibilities of a babysitter and the parents, skills for caring of children of all ages (infants, toddler, preschooler and school age), safety tips, injury prevention and what to do in case of an emergency.

Please bring a doll or stuffed animal, paper, pen, and a peanut free lunch.

Instructor: Innisfil Fire & Rescue

INNISFIL TOWN HALL	RESIDENT FEE: \$ 55.00
COMMUNITY ROOMS	NON RESIDENT FEE: \$ 66.00
1 Day	
January 19	

Sat. 10:00 a.m. - 2:30 p.m. Course Code: 8659

COOKSTOWN LIBRARY &	RESIDENT FEE: \$ 55.00
COMMUNITY CENTRE	NON RESIDENT FEE: \$ 66.00
1 Day	
February 23	

Sat. 10:00 a.m. - 2:30 p.m. Course Code: 8660

INSTRUCTORS WANTED

**Do you have a talent
you wish to teach to others?**

Innisfil Parks and Recreation is continually looking for new program ideas and program instructors.

Our program offerings include a full range of activities for toddlers, youth, adults and seniors. Should you wish to see a new program offered and have a talent for instructing such a program, please feel free to contact us.

Your ideas are important to us. Do not wait, forward your ideas to inn-touchhelp@innisfil.ca, and together we can offer our residents a greater range of opportunities.

CHILDREN & YOUTH

HOME ALONE & PEOPLE SAVERS LEVEL 4 Ages 9 - 14 years

This program is designed to prepare children to stay home alone without parental supervision. This program is an alternative to the Babysitting course. Topics covered include: safety around the home, dealing with strangers at the door and on the phone as well as preparing snacks and small meals. They will learn to check for Safety, call for Help and care for an injured person.

Please bring a doll or stuffed animal, paper, pen, and a peanut free snack.

Instructor: Innisfil Fire & Rescue

INNISFIL TOWN HALL RESIDENT FEE: \$ 40.00
COMMUNITY ROOMS NON RESIDENT FEE: \$ 48.00

1 Day
January 19

Sat. 10:00 a.m. - 12:00 p.m. Course Code: 8661

COOKSTOWN LIBRARY & RESIDENT FEE: \$ 40.00
COMMUNITY CENTRE NON RESIDENT FEE: \$ 48.00
1 Day
February 23

Sat. 10:00 a.m. - 12:00 p.m. Course Code: 8862

HOW TO LETA **GOOD** **PROGRAM** *Die*

Class enrollment is limited, not only by the number of students, but also by time.

If there are not enough registrants 5 days prior to start, then the class is
CANCELLED.

Registering the day of the class
won't resurrect it.

**REGISTER EARLY
TO AVOID
DISAPPOINTMENT**

CHILDREN & YOUTH

free New Year's Day Family Skate



Innisfil Recreational Complex

2:00 - 4:00 p.m.
Tuesday, January 1, 2013

Sponsored by:
Mayor and Council

free

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nadene@life-solutions.ca
Agent with Alliance Financial Group

GENERAL INTEREST PROGRAMS

WATERCOLOR & MIXED MEDIA PAINTING

Join regional artist Jennie Clark in an exploration of water-colour techniques to include washes, glazing, wet on wet, dry brush and much more! Participants will also have the opportunity to incorporate contemporary art methods to their artwork such as water-soluble mixed media painting and photo transfer techniques, encouraging creativity and experimentation. This programme is suitable for all levels of experience.

Jennie is an active regional artist and educator, with a printmaking studio located the Double Door Gallery and Studios in Anten Mills, Ontario. An honor graduate of the Ontario College of Art, she has also studied Advanced Fine Arts at Georgian College, receiving awards for printmaking and clay sculpture. Jennie's work is included in many private collections in Canada, United States and Great Britain.

**Instructor: Jennie Clark,
MacLaren Art Centre**

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 172.80
(9th Line & 10th Conc) NON RESIDENT FEE: \$ 207.40
8 Weeks

January 23 - March 13

Wed. 1:00 p.m. - 3:30 p.m. Course Code: 8850

PHOTO ORGANIZATION WORKSHOP Ages 18 +

A New Year, new memories and new resolutions! Make this resolution count and let a professional show you how to organize those old memories so you can love them again!

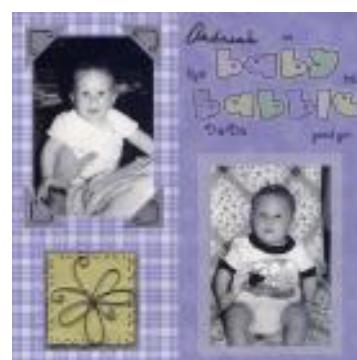
Bring in your boxes, bags and old peel and stick albums and take a walk down memory lane. It's fun and it's easy! Class includes a power sort box

Instructor: Cathie Apsey

COOKSTOWN LIBRARY & RESIDENT FEE: \$ 60.00
COMMUNITY CENTRE NON RESIDENT FEE: \$ 72.00

1 Day
February 2

Sat. 9:00 a.m. - 12:00 p.m. Course Code: 8854



GENERAL INTEREST PROGRAMS

BALLROOM & LATIN DANCE

This program is designed for adults interested in learning a variety of dances that can be used in any social situation. Foxtrot, Waltz, Tango, Jive, Swing, Hustle, Rumba, Cha-Cha, Samba, Meringue and the dynamic Mambo! Basic steps, proper frame and execution will be covered. Register with a partner or register alone.

*Please wear clean, indoor shoes with a smooth sole and dress is neat and casual.
Fee listed below is per person.*

Instructor: Chris Ephgrave

COOKSTOWN LIBRARY RESIDENT FEE: \$ 85.00
& COMMUNITY HALL NON RESIDENT FEE: \$ 102.00

10 Weeks

January 9 - March 13

Wed. 6:45 p.m. - 7:45 p.m. Course Code: 8609



MASSAGE 101

Could you or your partner use a few massage tips or tricks? Bring a partner to a one night seminar on basic massage techniques for back, neck, arms, and legs (including feet). Make the best of your amateur massage.

Please bring either lotion or oil, 2 sheets, a soft surface to lay on (ie. foam or sleeping bag), and a pillow if you have back issues.

Partner required, fees are per couple!

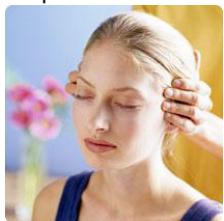
Instructor: Patti Moss

INNISFIL TOWN HALL RESIDENT FEE: \$ 84.60
COMMUNITY ROOMS NON RESIDENT FEE: \$ 104.00

1 Evening

January 21

Mon. 7:00 p.m. - 9:00 p.m. Course Code: 8861



PARENT'S NOTICE

Parents and or siblings are
NOT

allowed in the
teaching area during
our programs.

This is due to space
constraints, liability
and teacher effectiveness.

ICE AVAILABLE Book it Now!



For availability contact 705-436-3710
or check on-line www.innisfil.ca

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for your home.

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We are striving for a safe environment for everyone, but due to the number of groups and general public that use our Community Centre, we CANNOT ensure a completely peanut/nut free surrounding. We urge those individuals (and your children) with food allergy concerns to be aware of this issue, when considering participating in any Town of Innisfil program.

GENERAL INTEREST PROGRAMS

INFANT MASSAGE Parent and Baby between 0 - 8 months



Infant Massage Therapy is an excellent tool for new parents to bond with their new baby! You will learn to relieve your baby's gas discomfort, provide body awareness for your baby, calm your baby and best of all massage them head to toe.

Please bring a pillow and some edible oil (in a container that you can use a little at a time)

Instructor: Patti Moss

LAKESHORE LIBRARY	RESIDENT FEE: \$ 66.40
	NON RESIDENT FEE: \$ 79.70
4 Weeks	
January 8 - January 29	
Tues. 1:00 p.m. - 1:45 p.m.	Course Code: 8856

KNOCK COMMUNITY HALL	RESIDENT FEE: \$ 66.40
	NON RESIDENT FEE: \$ 79.70
4 Weeks	
January 11 - February 1	
Fri. 6:30 p.m. - 7:15 p.m.	Course Code: 8859

INFANT MASSAGE FOR EXPECTING PARENTS

Infant massage is taught to new or expectant parents as a way of promoting attachment and sensitivity to a baby's cues, all the while enhancing development. In this class you will learn the numerous benefits of infant massage and how to massage your baby.

Please bring a 'close to' life size doll and a pillow.

Instructor: Patti Moss

CHURCHILL COMMUNITY CENTRE	RESIDENT FEE: \$ 47.30
	NON RESIDENT FEE: \$ 56.80
1 Day	
February 5	
Tues. 1:00 p.m. - 2:30 p.m.	Course Code: 8858

KNOCK COMMUNITY HALL	RESIDENT FEE: \$ 47.30
	NON RESIDENT FEE: \$ 56.80
1 Day	
February 8	
Fri. 7:00 p.m. - 8:30 p.m.	Course Code: 8860

GENERAL INTEREST PROGRAMS

OIL PAINTING for Adults

The joy of painting, Everyone should experience this in their lifetime. By the end of this session, students will have learned: how to mix an endless palette using only the primary colours, how to execute a painting, from its rough layout to understanding values and finally, adding finishing detail. This course is suitable for all levels, from beginner to advance. No artistic ability is required!

YOU ARE AN ARTIST; YOU JUST DON'T KNOW IT YET!

Lisa has been painting for more than 30 years and teaching for over 15 years to children & adults. Oils have become her medium of choice. There creamy texture and slower drying time allow room for change throughout the painting process. Participant of The Innisfil Studio Tour, Barrie Spring Art Tour, Member of Artist's of Innisfil, South Simcoe Arts Council & The Barrie Art Club. Recipient of Honourable Mention & People's Choice Awards. Selected Artist for The Barrie Beaver Festival.

Instructor: Lisa Rankin

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 135.60
(9th Line & 10th Conc) NON RESIDENT FEE: \$ 162.80
8 Weeks

January 7 - March 4
(No class February 18)

Mon. 7:00 p.m. - 9:30 p.m. Course Code: 8603

KNOCK COMMUNITY HALL RESIDENT FEE: \$ 135.60
(9th Line & 10th Conc) NON RESIDENT FEE: \$ 162.80
8 Weeks

January 9 - February 27

Wed. 9:30 a.m. - 12:00 p.m. Course Code: 8855



GENERAL INTEREST PROGRAMS

FAMILY INTRODUCTION TO HORSEBACK RIDING

Participants will be introduced to correct methods of handling horses. From the ground including: leading, grooming techniques and tacking. Riding sessions will stress the basics: how to safely mount/dismount, halt and communicate with the horse at walk and trot. Safety equipment is required including: sturdy boots with heels and approved safety helmets. (Some helmets available for loan). *Release forms must be signed by both the participant and legal guardian if participant is under 18 years of age. Ratio 1:3*

Instructor: Christy Zerygiewic

WOODWIND SOUTH RESIDENT FEE: \$ 146.90
STABLES (Mapleview E) NON RESIDENT FEE: \$ 176.30
4 Weeks

January 7 - January 28

Mon. 6:00 p.m. - 7:30 p.m. Course Code: 8639



INTRODUCTION TO HORSES

Participants can anticipate learning in a warm classroom setting combined with ground level live horse involvement where applicable. Topics that are explored are: Basic Health, First Aid and Disease, Managing Horse Environments, Basic Nutrition, Behaviours and Horse Welfare, and How Horses Learn (training and handling) with an emphasis on the horses natural needs and ultimate welfare. Classes are relevant for horse owners, non-owners, soon-to-be owners, riders, and general enthusiasts. Participants will enjoy a safe and relaxed, hands-on learning experience using horses, as well as "Delilah" our model chalkboard horse. Participants will also receive extensive workbooks reflecting the weekly teachings for future personal use.

Instructor: Wendy Eagle

CHURCHILL COMMUNITY RESIDENT FEE: \$ 120.00
CENTRE NON RESIDENT FEE: \$ 144.00
6 Weeks

January 31 - March 7

Thurs. 7:00 p.m. - 9:00 p.m. Course Code: 8638

HOW TO LET A GOOD PROGRAM *Die*

Class enrollment
is limited,
not only by
the number
of students,
but also by time.

If there are not
enough registrants
5 days prior to start,
then the class is
CANCELLED.

Registering the day of
the class
won't resurrect it.

**REGISTER
EARLY
TO AVOID
DISAPPOINTMENT**

GENERAL INTEREST PROGRAMS

CAKE DECORATING

Designed for all skill levels, this delicious artistic class provides you with hands-on experience to make beautiful works of tasty edible art.

Cupcake Decorating: It's everyone's favourite little sweet treat....learn how to make your's spectacular using different fondant techniques to dress up your cupcakes.

*Please bring 6 cupcakes & materials (from list on receipt)

Instructor: Beatriz Muller

EASTER THEME

CHURCHILL COMMUNITY RESIDENT FEE: \$ 87.60
CENTRE NON RESIDENT FEE: \$ 105.10
4 Weeks

February 26 - March 19

Tues. 6:00 p.m. - 9:00 p.m. Course Code: 8593



Resident Registration Starts
November 28th at 8:30 a.m.
Registration Form on
Page 8

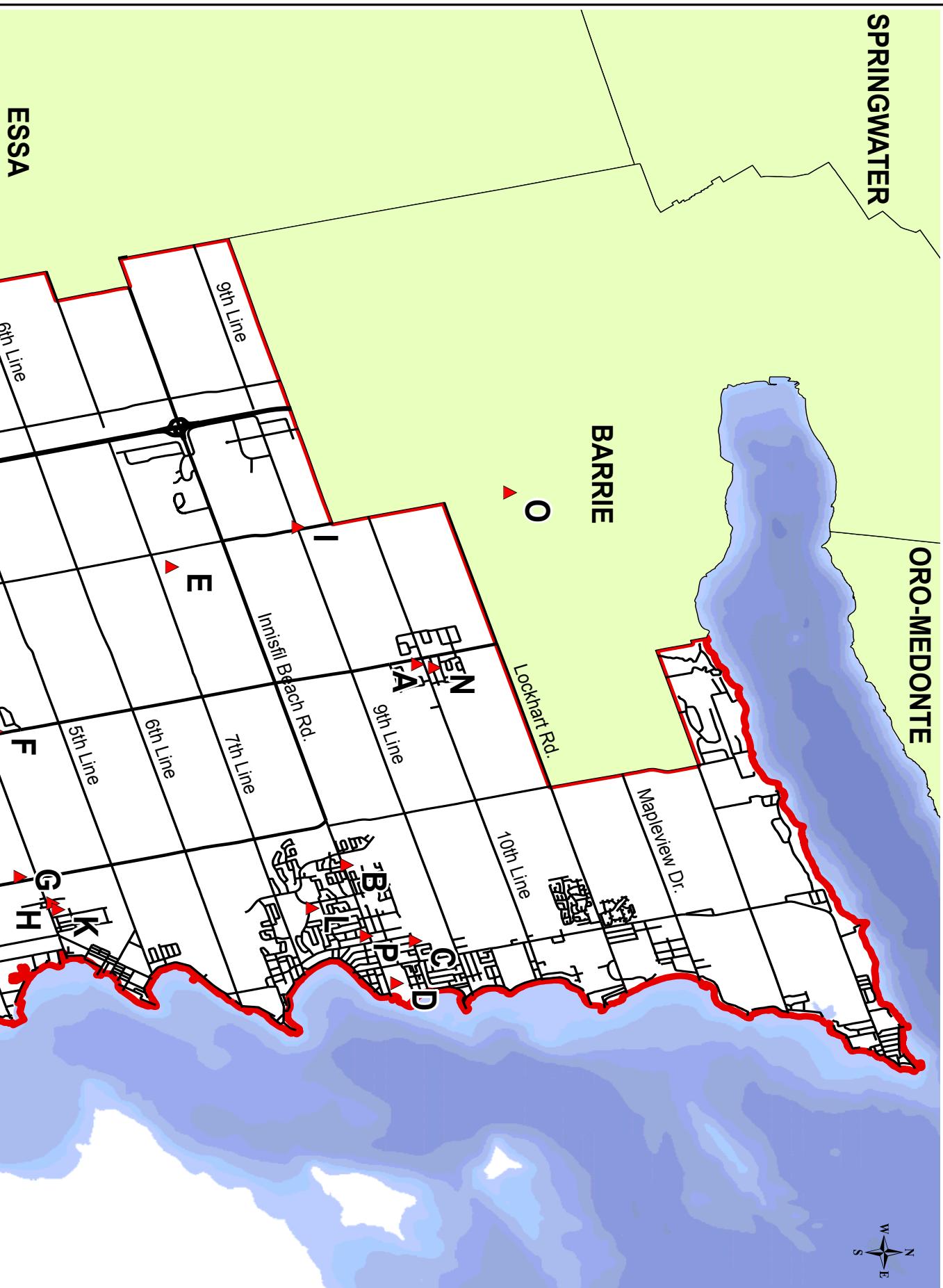
Innisfil Parks & Recreation Program Map



- ▲ A. Stroud Arena (Hall & Ice Surface) - 7883 Yonge Street
- ▲ B. Alcona Glen Elementary School - 1310 Innisfil Beach Road
- ▲ C. Holy Cross Catholic School - 910 Leslie Street
- ▲ D. Innisfil Beach Park - 676 Innisfil Beach Road
- ▲ E. Centennial Park - 2870 7th Line
- ▲ F. Churchill Community Centre - 6322 Yonge Street
- ▲ G. Killarney Beach Public School - 850 20th Sideroad
- ▲ H. Grange Hall - 925 Church Drive
- ▲ I. Knock School Heritage Site (Knock Community Centre) - 7756 10th SideRoad



Innisfil Parks & Recreation Program Map



Innisfil Parks & Recreation Program Map

- B. Alcona Glen Elementary School - 1310 Innisfil Beach Road
- C. Holy Cross Catholic School - 910 Leslie Street
- D. Innisfil Beach Park - 676 Innisfil Beach Road
- L. Nantyr Shores Secondary School - 1146 Anna Maria Avenue
- P. Lakeshore Library - 967 Innisfil Beach Road
- S. Innisfil Lions Hall - 960 Innisfil Beach Road



Alcona

GENERAL INTEREST PROGRAMS

STANDARD FIRST AID & CPR LEVEL 'C'

Comprehensive training covering all aspects of First Aid & CPR. Adult, child & infant Rescue Breathing, choking & CPR sequences along with an in depth understanding of legal aspects, scene management, spinal injuries, heat/cold emergencies, bone & joint injuries, burns, poisons & other medical emergencies. Approved by the Workplace Safety & Insurance Board (WSIB).

Instructor: Innisfil Fire & Rescue

INNISFIL TOWN HALL RESIDENT FEE: \$ 147.20
COMMUNITY ROOMS NON RESIDENT FEE: \$ 176.70

2 Days

January 26 & 27

Sat. & Sun. 9:00 a.m. - 4:00 p.m. Course Code: 8664

COOKSTOWN LIBRARY & RESIDENT FEE: \$ 147.20
COMMUNITY CENTRE NON RESIDENT FEE: \$ 176.70

2 Days

March 2 & 3

Sat. & Sun. 9:00 a.m. - 4:00 p.m. Course Code: 8663

STANDARD FIRST AID RECERT ONLY

INNISFIL TOWN HALL RESIDENT FEE: \$ 108.00
COMMUNITY ROOMS NON RESIDENT FEE: \$ 129.60

1 Day

January 26

Sat. 9:00 a.m. - 4:00 p.m. Course Code: 8666

COOKSTOWN LIBRARY & RESIDENT FEE: \$ 108.00
COMMUNITY CENTRE NON RESIDENT FEE: \$ 129.60

1 Day

March 2

Sat. 9:00 a.m. - 4:00 p.m. Course Code: 8665



PARENT'S NOTICE

Parents and or siblings are
NOT

allowed in the
teaching area during
our programs.

This is due to space
constraints, liability
and teacher effectiveness.

WALKING TRACK

Innisfil Recreational Complex
Starting December 3rd, 2012

PARENTS & TOTS

Tuesdays & Thursdays 9:30am - 11:00am
\$2.00/visit

SENIORS

Tuesdays: 11:00am - 12:30pm
Wednesdays: 9:30 - 11:00am
\$2.00/visit



Capacity is limited. Available on a first come, first serve basis.

Innisfil

Parks & Recreation

GIFT GIVING IDEA

Register a friend
or family member
in a program for
the Winter!

CAN'T THINK OF WHAT TO GET SOMEONE?

Sign them up for a program
with the Town of Innisfil!

GENERAL INTEREST PROGRAMS

COMPUTERS DON'T BITE

Discover the wonderful world of computers and build your 'Can Do' attitude in these fun, hands-on sessions. Learn what makes computers so 'smart' and how you can harness its power. Find your way among files and folders. Create, edit and bring personal touches to your documents. Get connected with the rest of the world through the World Wide Web and e-mail. Learn to search and find what you need. Also learn how to connect to and use ipads/tablets, cell phones, cameras, etc to your computer.

Instructor: Deirdre FitzGerald

INNISFIL PUBLIC LIBRARY RESIDENT FEE: \$ 65.70

LAKESHORE BRANCH NON RESIDENT FEE: \$ 78.80

3 Weeks

January 22 - February 5

Tues. 6:00 p.m. - 8:00 p.m. Course Code: 8607

COMPUTERS DON'T BITE II

Many of us did not come out of the womb with a computer in our laps. So although computers are easy to use - everything is easy when you know how!! Learn how to:

- 1) Use email and cut down on the long distance bills
- 2) Email attachments and send them to your friends and family (like photos or jokes)
- 3) Shop using your computer (it is extremely helpful for those of us that cannot drive or get out as much).
- 4) Know what versions of software you need (do not be fooled into buying things you do not need for your computer)
- 5) Do not let computer buzz words and acronyms confuse you.
- 6) Easy ways to find definitions and information

All of the above and more can be shown to you in an easy going and relaxed manner at "Computers Don't Bite II."

Instructor: Deirdre FitzGerald

INNISFIL PUBLIC LIBRARY RESIDENT FEE: \$ 65.70

LAKESHORE BRANCH NON RESIDENT FEE: \$ 78.80

3 Weeks

February 12 - February 26

Tues. 6:00 p.m. - 8:00 p.m. Course Code: 8608



55+ PROGRAMS



T-W.O.W Take the Work Out of Workout!

Take the Work Out of Workout! This program is geared to ladies over 55+, who are looking to have some fun, build new friendships, and play with technology a little. The materials for this program were funded by a grant from the Canadian Association for the Advancement of Women and Sport and Physical Activity. Come join us in playing some games, dancing, fitness challenges and more with the XBOX Kinect.

Clean indoor shoes required.

Co-ordinator: T-WOW

KNOCK COMMUNITY HALL 10 PASS: \$ 20.00
 10 Weeks
 January 8 - March 12
 Tues. 7:00 p.m. - 9:00 p.m. Course Code: 8671



55+ PROGRAMS

SENIOR TENNIS



Are you a tennis player?
 Are you looking to get into tennis?
 Are you looking to play indoors?
 This is the place for you! Register now and play tennis indoors this Winter.
 This program is non-competitive and is appropriate for all levels and abilities.
 Learn the rules and master a few skills in an informal atmosphere.

Clean indoor shoes & racquet (if available)

Instructor has some racquets if needed.

Please indicate when registering.

Instructor: Diyan Selvadurai

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 50.00
 NON RESIDENT FEE: \$ 60.00
 8 Weeks
 January 9 - February 27
 Wed. 6:00 p.m. - 7:00 p.m. Course Code: 8587



Be Active Everyday....



Age is no barrier!

Funding for this project was made possible through a grant from the Sport for More Program by the Ontario Ministry of Health Promotion & Sport

55+

GENERAL INTEREST

Quality SHUTTERS & RENOVATIONS

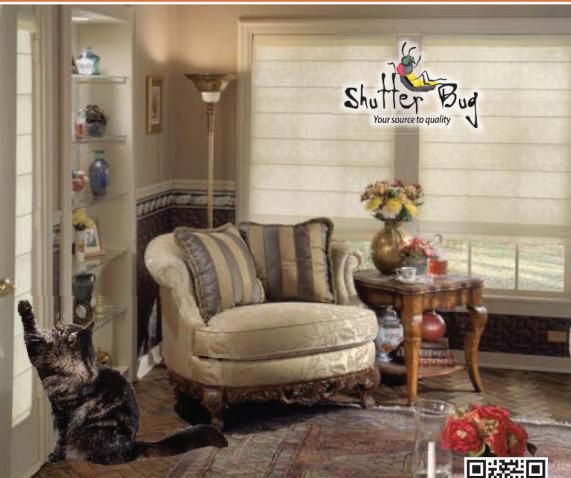
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55+ PROGRAMS

FAB AT 50

Get ready to be Fabulous at 50! This class will help bring fitness and activity back into your daily life if your 50+. Set to the great music of the 60's and 70's we will reintroduce basic movements, stretching, and exercise that will have you looking and feeling great! You are going to have a blast! Grab a friend and bring an exercise mat.

Nancy is recognized by Can Fit Pro Delegates as Canada's Fitness Professional of the Year 2009. This award recognizes a Can-Fit-Pro certified and practicing professional member who has demonstrated exceptional leadership, motivation, and technical skills and has inspired clients to achieve their goals. Nancy genuinely cares about people's health and well being. The mission statement is to educate, motivate and stimulate people of all ages to improve their overall health and wellness through active living and healthy lifestyles. Nancy advocates strong family ties through family activities, healthy eating habits and a natural lifestyle. A real get back to basics approach.

Instructor: Nancy Cook

ALCONA GLEN P.S - GYM RESIDENT FEE: \$ 86.60

NON RESIDENT FEE: \$104.00

8 Weeks

January 7 - March 4

(No class February 18)

Mon. 6:30 p.m. - 7:15 p.m.

Course Code: 8669

STROUD BANQUET HALL RESIDENT FEE: \$ 86.60
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$104.00

8 Weeks

January 10 - February 28

Thurs. 4:15 p.m. - 5:00 p.m. Course Code: 8670



Registration
Form
Page 8

55+ PROGRAMS

STRETCH & STABILIZE

NEW

A gentle stretch class to help increase flexibility, improve joint mobility and core stability. Suitable for any fitness level.

Please bring a yoga-type mat that provides some cushioning.

Instructor: Kimberly Craig

STROUD BANQUET HALL RESIDENT FEE: \$ 55.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 66.00

8 Weeks

January 9 - February 27

Wed. 2:15 p.m. - 3:00 p.m.

Course Code: 8865

BEGINNER YOGA

Well suited for newcomers to Yoga, and those who wish to continue to focus on the fundamentals of basic Yoga poses. Assisting to bring strength and greater flexibility to the muscles, while using correct breathing techniques.

Please wear comfortable, loose-fitting clothing.

Please bring a yoga-type mat that provides some cushioning.

Instructor: The Royal Pathways Inc.

LEFROY BANQUET HALL RESIDENT FEE: \$ 65.10
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 78.20

8 Weeks

Janauary 8 - February 26

Tues. 10:30 a.m. - 11:30 a.m.

Course Code: 8586



55+ PROGRAMS

NEW

DROP IN SHUFFLE BOARD

The idea is simple and fun! Drop in during the times below and enjoy a good old fashioned game of Floor Shuffleboard. Anyone can play this easy-to-pick-up game. Two, four or more players can play simultaneously and, it's a blast to play OR watch!

*Equipment is avaialble for use.

Pay as you go at the Facility!

STROUD BANQUET HALL FEE: \$ 2.00/Visit
(ARENA - UPSTAIRS)

9 Weeks

January 11 - March 8

Wed. 10:00 a.m. - 12:00 p.m.

LEFROY BANQUET HALL FEE: \$ 2.00/Visit
(ARENA - UPSTAIRS)

9 Weeks

January 9 - March 6

Thursdays. 2:00 p.m. - 4:00 p.m.



LINE DANCING Intro/Beginner

This program is a great way to learn how to follow a beat and create a great floor pattern at the same time! If you have never danced before it's not problem! This program is a "must have" for beginners. Come and learn the basic steps to line dancing in a relaxed, easy going, fun atmosphere. Line dancing is an excellent way to have fun while burning those unwanted calories. Before long you will be dancing more intricate steps and will be able to move into the next level.

Please note: Shoes with leather soles preferred or shoes with non marking soles.

Instructor: Dianne Bishop

LEFROY BANQUET HALL RESIDENT FEE: \$ 72.30
(ARENA -UPSTAIRS) NON RESIDENT FEE: \$ 86.80

8 Weeks

January 9 - February 27

It's back for a Limited Time!

**SAVE until
December 31, 2012**
on energy-efficient products
for your home.

For downloadable coupons
and participating retailers
visit www.saveonenergy.com.



Making Great Wines & Good Friends



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CALL FOR A QUOTE TODAY

705 431-5622

*7988 Yonge St
Innisfil, On L9S 1L5*

55+ PROGRAMS

DANCERCISE

This is a fusion of dance movements and fitness steps creating a great cardio workout with different musical themes for each class. Let's get healthy, get happy & get dancing!

Please wear comfortable, loose-fitting clothing.

Instructor: Marjorie Malcolm

STROUD BANQUET HALL RESIDENT FEE: \$ 101.70
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 122.10

8 Weeks

January 7 - March 4
(No class February 18)

Mon. 3:30 p.m. - 4:30 p.m. Course Code: 8668



CHAIR YOGA

This is a more gentle form of Yoga. Learn a number of Yoga Poses, Breathing Techniques and Relaxation all with the aid of a chair. This is a great class for beginners to Yoga who prefer not to be on the floor, and for individuals who have arthritis, joint tightness or chronic pain.

Please wear comfortable, loose-fitting clothing.

Yoga mat is required.

Instructor: The Royal Pathways Inc.

LEFROY BANQUET HALL RESIDENT FEE: \$ 72.50
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 87.00

8 Weeks

January 8 - February 26

Tues. 11:30 a.m. - 12:30 p.m. Course Code: 8703



FITNESS PROGRAMS

MARTIAL ARTS TEEN TO ADULT

Have you ever wanted to give Martial Arts a try? Now is your chance. Or if you have already tried it and want to get back into it now is the time! You will be learning Martial Arts in a safe, friendly and non-intimidating environment. Learn lots of basics, have lots of fun trying out some of those fancy kicking techniques seen. Learn some practical self-defense, get into shape and have a blast doing it. Each student will have the opportunity to develop skills they never knew they had and enhance skills they already may possess. Come out and join the fun and catch the energy!

Instructor: Jody Moon's Yujo Mixed Martial Arts Centre

YUJO MARTIAL ARTS RESIDENT FEE: \$ 73.50
STUDIO - STROUD NON RESIDENT FEE: \$ 88.20
10 Weeks
January 8 - March 19
(No class March 12)

Tues. 7:15 p.m. - 8:15 p.m. Course Code: 8643



FITNESS PROGRAMS

GUT BUSTER

Strictly for your core! Strengthen your abs with this focused half hour class. Be prepared to feel the burn, and rediscover your waistline (no whining allowed)!

Please bring a yoga-type mat that provides some cushioning.

Instructor: Kimberly Craig

LEFROY BANQUET HALL RESIDENT FEE: \$ 59.10
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 70.90
10 Weeks
January 7 - March 25
(No class February 18 & March 11)
Mon. 5:30 p.m. - 6:00 p.m. Course Code: 8627



MUFFIN-TOP MINIMIZER

Finding it tough to lose the muffin top...then this class is for you! The focus is on your core muscles, strengthening your back and stomach. We do work other parts as well. This class is quick, uses fun props, improves your posture and energy, and will help melt the muffin away.

Please bring a yoga-type mat that provides some cushioning.

Instructor: Kimberly Craig

STROUD BANQUET HALL RESIDENT FEE: \$ 98.50
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 118.20
11 Weeks
January 9 - March 27
(No class March 13)
Wed. 12:00 p.m. - 1:00 p.m. Course Code: 8628



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FITNESS PROGRAMS



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Please bring a towel & water.

Anja Gurnig, is certified & licensed Nia Teacher (Greenbelt).

Instructor: Anja Gurnig

LEFROY BANQUET HALL RESIDENT FEE: \$ 84.00
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 100.80
10 Weeks
January 9 - March 13

Wed. 6:00 p.m. - 7:00p.m. Course Code: 8630



NEW

STEP & SCULPT

Join us for this full body workout, combining cardio and muscle conditioning. This class is all about getting fun and fit in a friendly environment. Movement patterns available upon request.

Jennifer is an enthusiastic fitness professional with 8 years of coaching experience. Certified as a Group Fitness Instructor through CanFitPro, she is dedicated to providing balanced, whole-body routines which are fun and practical.

Instructor: Jennifer Dare

CHURCHILL COMMUNITY RESIDENT FEE: \$ 55.00
CENTRE NON RESIDENT FEE: \$ 66.00
6 Weeks
January 7 - February 11

Mon. 7:00 p.m. - 8:00 p.m. Course Code: 8580

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FITNESS PROGRAMS

BEGINNER BELLY DANCING

Discover basic belly dance techniques while toning the body. Learn to isolate different muscles to create beautiful, graceful routines. A belly dance wrap should be brought to every class (if available) to enhance this dance experience.

Instructor: Heidi Andres

COOKSTOWN LIBRARY AND RESIDENT FEE: \$ 65.10
COMMUNITY CENTRE NONRESIDENT FEE: \$ 78.20

8 Weeks

January 7 - March 4

(No class February 18)

Mon. 7:00 p.m. - 8:00 p.m.

Course Code: 8610



BALLROOM & LATIN DANCE

This program is designed for adults interested in learning a variety of dances that can be used in any social situation. Foxtrot, Waltz, Tango, Jive, Swing, Hustle, Cha-Cha, Rumba, Samba, Meringue and the dynamic Mambo! Basic steps, proper frame and execution will be covered. Register with a partner or register alone.

Please wear clean, indoor shoes with a smooth sole and dress is neat and casual. Fee listed below is per person.



Instructor: Chris Ephgrave

COOKSTOWN LIBRARY RESIDENT FEE: \$ 85.00

& COMMUNITY HALL NON RESIDENT FEE: \$ 102.00

10 Weeks

January 9 - March 13

Wed. 6:45 p.m. - 7:45 p.m.

Course Code: 8609



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FITNESS PROGRAMS



Ready to Zumba, ready for the fast pace...step it up at the Zumba class. Zumba fitness is a fusion of latin and international music that creates a dynamic, exciting, and effective fitness system. Easy to follow moves to create a dynamic workout system that will blow you away. Come out and try it!

Instructor: Marjorie Malcolm

STROUD BANQUET HALL RESIDENT FEE: \$ 65.10
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 78.20
8 Weeks
January 7 - March 4
(No class February 18)
Mon. 7:00 p.m. - 8:00 p.m. Course Code: 8632

CHURCHILL COMMUNITY RESIDENT FEE: \$ 65.10
CENTRE NON RESIDENT FEE: \$ 78.20
8 Weeks
January 11 - March 1
Fri. 7:00 p.m. - 8:00 p.m. Course Code: 8631



LINE DANCING Intro/Beginner

If you have never line danced before this is the course for you! Come and learn the basic steps to line dancing in a relaxed, easy going, fun atmosphere. Line dancing is an excellent way to have fun while burning those unwanted calories. Before long you will be dancing more intricate steps and will be able to move into the next level.

Please note: Shoes with leather soles preferred or shoes with non marking soles.

Instructor: Dianne Bishop

LEFROY BANQUET HALL RESIDENT FEE: \$ 72.30
(ARENA -UPSTAIRS) NO N RESIDENT FEE: \$ 86.80
8 Weeks
January 9 - February 27

FITNESS PROGRAMS

PILATES FLOW

A mat class that flows and progresses through the beginner and intermediate mat repertoire. A fun and invigorating workout, it will keep you moving and challenged.

Please bring a yoga-type mat that provides some cushioning.

Instructor: Kimberly Craig

LEFROY BANQUET HALL RESIDENT FEE: \$ 90.40
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$108.40

10 Weeks

January 7 - March 25

(No class February 18 & March 11)

Mon. 7:30 p.m. - 8:30 p.m.

Course Code: 8652



ESSENTIAL PILATES

This program introduces and reinforces the foundational techniques of this mind/body exercise. You will improve strength, flexibility, balance, and posture by incorporating floor-based movements that stimulate the deep 'core' muscles of your hips, abdomen, low back and spine. The focus will be on effective, efficient movement, stretching and muscle toning in a progressive format.

Please bring a yoga-type mat that provides some cushioning.

Instructor: Kimberly Craig

LEFROY BANQUET HALL RESIDENT FEE: \$ 90.40
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$108.40

10 Weeks

January 7 - March 25

(No class February 18 & March 11)

Mon. 6:15 p.m. - 7:15 p.m.

Course Code: 8650

STROUD BANQUET HALL RESIDENT FEE: \$ 98.50
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$118.20

11 Weeks

January 9 - March 27

(No class March 13)

Wed. 1:15 p.m. - 2:15 p.m.

Course Code: 8651

FITNESS PROGRAMS

BODY BLAST

A class designed to improve overall muscle tone and strength. Body areas covered in this great one hour workout include arms, chest, upper & lower back, abdominal, front & back thighs, inner & outer thighs and buttocks. Need we say more? Sign-up today, you will not be sorry!!

Please Note: Proper indoor running shoes are a must.

Bring along your mat and light weights (3 / 5 lbs) if available.

Instructor: Debbie Gottschalk

STROUD BANQUET HALL RESIDENT FEE: \$ 104.60
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 125.50

12 Weeks

January 8 - March 26

Tues. 7:00 p.m. - 8:00 p.m.

Course Code: 8622

12 Weeks

January 10 - March 28

Thurs. 7:00 p.m. - 8:00 p.m.

Course Code: 8623

BOSU BALANCE TRAINER TOTAL WORKOUT

The Bosu Balance Trainer allows you to complete the three elements of fitness, cardiovascular activity, strength exercise and flexibility. As you learn to move dynamically on Bosu's ever changing surface. This workout will be unlike anything you have ever done before. You will literally keep all the muscles in your body active as you tone your upper and lower body, abs and back. Good for all levels of fitness.

Clean indoor running shoes are a must.

Bring along your mat and Bosu.

Limited Bosu's are available for lending!

Instructor: Debbie Gottschalk

STROUD BANQUET HALL RESIDENT FEE: \$ 104.60
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 125.50

12 Weeks

January 8 - March 26

Tues. 6:00 p.m. - 6:45 p.m.

Course Code: 8570





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FITNESS PROGRAMS



BADMINTON FOR ALL LEVELS

19 years & older

This evening out combines exercise and fun. This is for people who have played badminton before or who want to start. Games will be informal and style pick-up.

Clean indoor shoes are required.

Racquets can be provided if you don't have your own.
Birdies will be provided.

Volunteer Co-ordinators: Andrea Simpson & Lisbeth Goodyear

NANTYR SHORES S.S. RESIDENT FEE: \$ 61.00
NON RESIDENT FEE: \$ 73.20
10 Weeks
January 9 - March 20
(No class March 13)

Wed. 7:00 p.m. - 9:00 p.m. Course Code: 8606



TENNIS SOCIAL

Are you a tennis player? Are you looking to get into tennis? Are you looking to play indoors? This is the place for you! Register now and play tennis indoors this Winter. This program is non-competitive and is appropriate for all levels and abilities. Learn the rules and master a few skills in an informal atmosphere.

Clean indoor shoes & racquet are required.

Instructor: Diyan Selvadurai

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 83.50
NON RESIDENT FEE: \$100.20
10 Weeks
January 7 - March 25
(No class February 18 & March 11)
Mon. 8:00 p.m. - 9:00 p.m. Course Code: 8697



FITNESS PROGRAMS

ADULT CO-ED VOLLEYBALL 21 years & up

This fun course will start with a brief warm up. Informal pick-up games will be the central activity in this course. Participants should be somewhat familiar with the game, but the main objective is to enjoy a fun night out. Bring along your sweats, your energy and your sense of humor. *Comfortable clothing, indoor running shoes are a must.*

Co-ordinator:
Sue Whiston



ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 60.80
NON RESIDENT FEE: \$ 72.90
10 Weeks
January 9 - March 27
(No class March 6 & March 13)
Wed. 7:45 p.m. - 9:15 p.m. Course Code: 8699

MUM n' ME FITNESS Mom's and Baby between 3 - 18 months

This program especially designed to help Moms get back into shape with their little ones (btw 3-18 mnths). Bond with your baby and other mothers in your community while strengthening your muscles in this comprehensive full-body fitness program.

Jennifer is an enthusiastic fitness professional with 8 years of coaching experience. Certified as a Group Fitness Instructor through CanFitPro, she is dedicated to providing balanced, whole-body routines which are fun and practical.

Instructor: Jennifer Dare

STROUD BANQUET HALL RESIDENT FEE: \$ 60.80
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 72.90
8 Weeks
January 10 - February 28
Thurs. 10:00 a.m. - 11:00 a.m. Course Code: 8629



FITNESS PROGRAMS

SEMI-COMPETITIVE CO-ED VOLLEYBALL 18 years & up

Whether you're a good player or competitive in nature, this will be for you! 'Set, set, spike' is highly encouraged and playing as a team player. It's fun, entertaining, but can be competitive. Rules will be announced at the beginning of the season by a referee but being familiar with proper techniques will help, and instruction is available. We're ready for a great season and some fun! *Comfortable clothing, indoor running shoes are a must.*

Co-ordinator: Diane Stricker & Anne Beausoleil

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 70.70
NON RESIDENT FEE: \$ 84.80
11 Weeks
January 10 - March 28
(No class March 14)

Thurs. 7:45 p.m. - 9:15 p.m. Course Code: 8701

YOGA FOR BEGINNERS

A wonderful opportunity to relieve stress and ease your body / mind into the experience of yoga. You will learn basic yoga postures (asanas), breathing and relaxation techniques.

Wear comfortable loose-fitting clothes, bring along a housecoat belt and a blanket. Floor mats are available, recommended to bring your own.

NOTE: If you are pregnant please check with your physician before registering and be sure to let the instructor know.

Instructor: Gail Esau

CHURCHILL COMMUNITY CENTER RESIDENT FEE: \$ 77.10
NON RESIDENT FEE: \$ 92.70
10 Weeks
January 9 - March 13
Wed. 6:45 p.m. - 7:45 p.m. Course Code: 8706



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FITNESS PROGRAMS

QI DANCE

I heat up. I cool down. I got the music in me. Get the music in YOU! What would you do with more energy? Imagine greeting each morning with boundless, positive energy! What would you do with all that "QI"? First, how do you reach that state of forward purpose? How can you vive la vie? QI Dance is a heart-pumping electrifying course of world moves to global grooves. QI Dance will take you on a journey through everything from Bollywood to Hip Hop and Belly Dance to Disco, leaving you feeling energized and exhilarated.

Come with lots of water, your going to need it!
Mary has 26 years experience in fitness. Certified fitness trainer with Can Fit Pro.

Instructor: Mary Natale

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 86.80
NON RESIDENT FEE: \$104.10
8 Weeks
January 8 - February 26
Tues. 7:00 p.m. - 8:00 p.m. Course Code: 8579



Resident Registration Starts
November 28th at 8:30 a.m.
Registration Form on
Page 8

FITNESS PROGRAMS

YOGA FOR BEGINNERS... A Step by Step Introduction

Take time to be still, to reflect, to renew. Release tension through stretching, yoga poses, proper breathing, relaxation and meditation.

Anne Marie, professional yoga teacher since 1993. Experienced in providing yoga instruction for all ages. Certified Ayurvedic Practitioner and Certified Reflexologist.

Please wear comfortable, loose-fitting clothing.

Yoga mat is required.

Instructor: Anne-Marie Davies

LEFROY BANQUET HALL RESIDENT FEE: \$ 77.10
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 92.60

10 Weeks

January 8 - March 12

Tues. 7:00 p.m. - 8:00 p.m.

Course Code: 8707

YOGA FOR PROGRESSIVE... For those who are familiar with yoga

Take time to be still, to reflect, to renew. Release tension through stretching, Yoga poses, proper breathing, relaxation and meditation. Pre-Requisite: Yoga for Beginners.

Anne Marie, professional yoga teacher since 1993. Experienced in providing yoga instruction for all ages. Certified Ayurvedic Practitioner and Certified Reflexologist.

Please wear comfortable, loose-fitting clothing.

Yoga mat is required.

Instructor: Anne-Marie Davies

LEFROY BANQUET HALL RESIDENT FEE: \$ 77.10
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 92.60

10 Weeks

January 8 - March 12

Tues. 8:15 p.m. - 9:15 p.m.

Course Code: 8708



FITNESS PROGRAMS

PRENATAL YOGA

A profound way for expectant mothers to come in touch with the miracle of carrying a child and childbirth. During this 60-minute class we breathe, relax, stretch and learn about the body during this time of change. Expectant mothers feel great during pregnancy, and calm and confident during labor and delivery. Beautiful visualizations are powerful tools for mothers before, during and after the baby is delivered.

Please wear comfortable, loose-fitting clothing.

Yoga mat is required.

Instructor: The Royal Pathways Inc.

LEFROY BANQUET HALL RESIDENT FEE: \$ 72.50
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 87.00

8 Weeks

January 8 - February 26

Tues. 6:00 p.m. - 7:00 p.m. Course Code: 8705



MOTHER & BABY YOGA

A beautiful time for mothers with babies six weeks until crawling to relax and bond together. This class includes gentle stretching for mother and baby, correct breathing for the mothers, and Yoga poses together and alone. This class also incorporates gentle massage techniques to stimulate, soothe and calm your little one. It is wonderful to be with other new mothers during this special time and the babies love to be with each other!

Please wear comfortable, loose-fitting clothing.

Yoga mat is required.

Instructor: The Royal Pathways Inc.

LEFROY BANQUET HALL RESIDENT FEE: \$ 57.60
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 69.00

6 Weeks

January 8 - February 12

Tues. 1:00 p.m. - 2:00 p.m. Course Code: 8704

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FITNESS PROGRAMS

BUTT & ABS

Get a great work out on the areas that are most challenging for women! Tone your abs and butt for a firm body. Start now and you will look and feel great for bathing suit season. Turn flab into FAB!!!

Dress comfortably, bring athletic shoes, a water bottle, and a mat.

Nancy Cook is recognized by Can Fit Pro Delegates as Canada's Fitness Professional of the Year 2009. This award recognizes a Can-Fit-Pro certified and practicing professional member who has demonstrated exceptional leadership, motivation, and technical skills and has inspired clients to achieve their goals. Nancy genuinely cares about people's health and well being. The mission statement is to educate, motivate and stimulate people of all ages to improve their overall health and wellness through active living and healthy lifestyles. Nancy advocates strong family ties through family activities, healthy eating habits and a natural lifestyle. A real get back to basics approach.

Instructor: Nancy Cook

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 74.90
NON RESIDENT FEE: \$ 89.90
10 Weeks
January 7 - March 25
(No class February 18 & March 11)
Mon. 7:15 p.m. - 8:00 p.m. Course Code: 8625

STROUD BANQUET HALL RESIDENT FEE: \$ 74.90
(ARENA - UPSTAIRS) NON RESIDENT FEE: \$ 89.90
10 Weeks
January 10 - March 21
(No class March 14)
Thur. 5:00 p.m. - 5:45 p.m. Course Code: 8626



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FITNESS PROGRAMS



This energetic class will be sure to get you moving! Whether you're starting out or starting over, this low impact class promises to increase your body tone, physical condition and flexibility through cardio, strengthening and stretching exercises.

*Dress comfortably, bring athletic shoes, light weights, a water bottle, and a mat.
(Pilates, yoga or any workout mat will do!).*

Nancy Cook is recognized by Can Fit Pro Delegates as Canada's Fitness Professional of the Year 2009. Nancy genuinely cares about people's health and well being. The mission statement is to educate, motivate and stimulate people of all ages to improve their overall health and wellness through active living and healthy lifestyles. Nancy advocates strong family ties through family activities, healthy eating habits and a natural lifestyle. A real get back to basics approach.

Instructor: Nancy Cook

ALCONA GLEN E.S. - GYM RESIDENT FEE: \$ 85.00
NON RESIDENT FEE: \$102.00
10 Weeks
January 7 - March 25
(No class February 18 & March 11)
Mon. 8:00 p.m. - 9:00 p.m. Course Code: 8624



FITNESS PROGRAMS

**PILOGA -
FOR FAMILIES**
Ages 11 +

NEW

Pilates and Yoga, The best of both worlds! Core strengthening Pilates movements combined with classic yoga poses will leave you strong, flexible and relaxed.

Benefits: Increase flexibility, strengthen muscles, strengthen core, decreases stress. Burn up to 200 calories/hour.

Come with lots of water, you are going to need it!

Mary has 26 years experience in fitness. Certified fitness trainer with Can Fit Pro.

Instructor: Mary Natale

ALCONA GLEN E.S.- GYM

ADULT RESIDENT FEE: \$ 75.60
ADULT NON RESIDENT FEE: \$ 90.80
YOUTH RESIDENT FEE: \$ 66.00
YOUTH NON RESIDENT FEE: \$ 79.00
(Youth programs do not include HST)

8 Weeks
January 8 - February 26

Tues. 8:00 p.m. - 9:00 p.m.

Course Code: 8863



Registration
Form
Page 8

HALL INFORMATION

HALL AND LOCATION	RESIDENT RATES Licensed/Unlicensed H.S.T. Included	NON-RESIDENT RATES Licensed/Unlicensed H.S.T. Included	CAPACITY	SPECIAL NOTES
Stroud Innisfil C.C. 7883 Yonge Street Hwy 11 Innisfil, Ontario L9S 1K8	\$ 452.00 (8 hour block) \$ 66.86 SOCAN	\$ 536.30	300 persons	- Handicap Accessible - Air Conditioned - Non Smoking
South Innisfil C.C. (Lefroy) 1354 Killarney Beach. Rd. Lefroy, Ontario L0L 1W0	\$ 395.50 (8 hour block) \$ 66.86 SOCAN	\$ 474.60	180 persons	- Handicap Accessible - Air Conditioned - Non Smoking
Churchill Community Centre 6322 Yonge Street Hwy. 11 Churchill, Ontario L0L 1K0	\$ 395.50 (8 hour block) \$ 46.48 SOCAN	\$ 474.60	100 persons	- Handicap Accessible - Air Conditioned - Non Smoking
Cookstown Library & Community Centre, 20 Church St. Cookstown, Ontario L0L 1L0	\$ 395.50 (8 hour block) \$ 46.48 SOCAN	\$ 474.60	100 persons	- Handicap Accessible - Air Conditioned - Non Smoking - Unlicensed Facility
Alcona Glen Elementary School 1310 Innisfil Beach road Innisfil, Ontario L9S 4B7	\$ 56.50 per hour (adult) * some restrictions apply	\$ 67.80 min 3hrs	500 persons	- Non Smoking - Limited Parking - Unlicensed Facility
Knock School Heritage Site (Knock Community Centre) 7176 10th Sideroad Innisfil, Ontario L9S 3K8	\$ 33.90 per hour minimum 3 hours * some restrictions apply	\$ 40.68 per hour minimum 3 hrs	50 persons	- Non Smoking - Handicap Accessible - Unlicensed Facility - Limited Parking - Air Conditioned
Innisfil Town Hall - Community Rooms 2101 Innisfil Beach Road Innisfil, Ontario L9S 1A1	\$ 16.95 per hour per room minimum 3 hours * some restrictions apply	\$ 20.34 per hour/room minimum 3 hrs	3 Divisible Rooms - 10-12 people per room	- Unlicensed Facility - Coffee Maker - Kitchenette - Non smoking - Handicap Accessible

SOCAN FEE

The society of Composers, Authors and Music Publishers of Canada (SOCAN) under Federal license are authorized to charge a fee under Tariff - 8 Receptions, Conventions, Assemblies for using pre-recorded music. Socan fee is based on hall capacity. Socan is in addition to hall rates.

L.C.B.O. LICENSES

Liquor licenses issued by the L.L.B.O. are mandatory for all functions serving alcoholic beverages (including wine).

Application for special occasion permits may be obtained at any L.C.B.O. store.

- **Prices effective May 1/12. By Law #007-12**
Prices subject to change.
- A meeting rate is available at some locations.
- For further information on the above Facilities call Town of Innisfil Parks, Recreation and Facilities at (705) 436-3710 ext: 4306
- Check availability online at: www.innisfil.ca



PARK INFORMATION

PARK	TIMES	RATES H.S.T. Included		SPECIAL NOTES
		RES.	NON RES.	
Innisfil Beach Park 676 Innisfil Beach Rd. Innisfil, Ontario -LAKESIDE PAVILION -WEST PAVILION	<u>Full Day</u> 9:00 a.m. - 9:00 p.m. <u>Half Day</u> 8:30 a.m. - 2:30 p.m. 3:00 p.m. - 9:00 p.m.	\$113.00 \$ 67.80 \$ 67.80	\$135.60+parking fee \$ 81.36+parking fee \$ 81.36+parking fee	- Parking Meters - \$3/hour to max. \$25/day - Picnic Tables - Snack Bar
Innisfil Beach Park - PARKING METERS	Mon-Sun 6am-6pm	No Charge No Charge	\$3/hour max. \$25/day	- Gate open 6am-10pm
Boat Launch Innisfil Beach Park	Mon-Sun 6am-6pm	No Charge No Charge	\$3/hour max. \$25/day	- Boat Launch open from Victoria Day weekend to Thanksgiving weekend.
Centennial Park 2870 7th Line Innisfil, Ontario L9S 4H6	<u>Full Day</u> 9:00 a.m. - 9:00 p.m. <u>Half Day</u> 8:30 a.m. - 2:30 p.m. 3:00 p.m. - 9:00 p.m.	\$113.00 \$ 67.80 \$ 67.80	\$135.60 \$ 81.36 \$ 81.36	- Picnic Tables - Hydro - Play Structure

FEES

	Res.	Non. Res.
Minor	\$ 25.99/game	\$ 31.19/game
Adult	\$ 31.64/game	\$ 40.96/game
Light Fee	\$ 39.55/game	\$ 47.46/game



For Bookings
Call
705-436-3710

Diamond & Soccer
Pitch Rentals

Innisfil Recreational Complex
7315 Yonge Street, Innisfil, Ontario L9S 4V7

Baseball Diamonds:

North Diamond - Ainley Associates (Lights)
South Diamond - Ross Campbell Family (Lights)

Soccer Pitches:

4 Pitches available - Macon Construction, Sargeant Company, Previn Court & Innisfil Stampeders Soccer (Lights)

Fennels Park

2220 Gilford Road, Innisfil, Ontario L9S 4H6

Baseball Diamond (Lights)
Soccer Pitch
Play structure
Picnic tables

Nantyr Park

Kennedy Road, Innisfil, Ontario L9S 4M4

Soccer Pitch
Baseball Diamond

ICE INFORMATION

PUBLIC SKATING SCHEDULE - EFFECTIVE OCTOBER 1st

See Prices below	STROUD ARENA (705) 436-3321	LEFROY ARENA (705) 456-2581	INNISFIL RECREATIONAL COMPLEX (705) 436-3710 Ext. 4590
Public Skating	Saturday 4:00 - 5:50 pm Sunday 1:30 - 2:50 pm	Saturday 4:00 - 5:20 pm	Saturday 12:00 - 1:50 pm
Parent and Tot Skating (No Charge)	Thursday 10:00 - 11:20 am	Tuesday 10:00 - 10:50 am	Wednesday 10:00 - 11:20 am
Seniors Skating		Tuesday 11:00 - 11:50 am	Mon & Thurs. 1:30 - 2:50 pm

CHECK ONLINE AT www.innisfil.ca FOR CHANGES IN THE SCHEDULE!

ARENA ICE RATES

NON PRIME TIME:

Stroud, Lefroy & Innisfil Recreational Complex (IRC)*
Monday to Friday 6 a.m.- 5 p.m.
Res - \$161.59 (HST incl.)
Non Res - \$193.91 (HST incl.)

**For Ice Call
705-436-3710**

PRIME TIME:

Monday to Friday after 5 p.m. and All Day Sat & Sun
Minor Res - \$178.54 (HST incl.) Minor Non Res - \$214.25 (HST incl.)
Adult Res - \$206.79 (HST incl.) Adult Non Res - \$248.15 (HST incl.)

(** Rates are subject to change. **)

ADULT SHINNY HOCKEY

Shinny hockey is recreational hockey only. It should be understood by all players that there will be no contact and no slap shots or raises. Senior players are 55 years of age and over. Programs commence September 1st.

**ICE AVAILABILITY
check out
inn-touch.innisfil.ca
(no www required)**

ADULT - \$10.00 PER PLAYER
Innisfil Recreational Complex
Monday 12:00 - 1:20 p.m. Tuesday 12:00 - 1:20 p.m.
Wednesday 12:00 - 1:20 p.m. Thursday 12:00 - 1:20 p.m.

SENIORS - \$5.00 PER PLAYER
Innisfil Recreational Complex
Tuesday 10:30 - 11:50 a.m. Thursday 10:30 - 11:50 a.m.

DRESSED GOALIES ARE FREE

PUBLIC SKATING FEES:

Family: \$10.00 (2 adult max 3 children) Adults: \$4.00 Seniors: \$2.00 Students (16+): \$3.00 Children (under 15): \$2.00

STROUD ARENA
7883 Yonge Street
Innisfil, On L9S 1K8
(705) 436-3321

LEFROY ARENA
1354 Killarney Beach Rd
Lefroy, On L0L 1W0
(705) 456-2581

INNISFIL REC. COMPLEX
7315 Yonge Street
Innisfil, On L9S 4V7
(705) 436-3710 Ext. 4590

**For Ice Call
705-436-3710**

ICE INFORMATION

PUBLIC SKATING SCHEDULE - EFFECTIVE OCTOBER 1st

SCHOOL HOLIDAY SKATE SCHEDULE

INNISFIL RECREATIONAL COMPLEX

December 27	3:00 p.m. - 4:20 p.m.
December 28	2:00 p.m. - 3:20 p.m.
January 2	2:00 p.m. - 3:20 p.m.
January 3	2:00 p.m. - 3:20 p.m.
January 4	2:30 p.m. - 3:50 p.m.
January 25	1:30 p.m. - 2:50 p.m.

STROUD ARENA

December 27	1:00 p.m. - 2:20 p.m.
December 28	3:00 p.m. - 4:20 p.m.
January 2	3:00 p.m. - 4:20 p.m.
January 3	1:00 p.m. - 2:20 p.m.
January 4	3:00 p.m. - 4:20 p.m.
January 25	2:30 p.m. - 3:50 p.m.

LEFROY ARENA

December 27	2:00 p.m. - 3:20 p.m.
December 28	1:00 p.m. - 2:20 p.m.
January 2	1:00 p.m. - 2:20 p.m.
January 3	1:30 p.m. - 2:50 p.m.
January 4	1:00 p.m. - 2:20 p.m.
January 25	1:00 p.m. - 2:20 p.m.



\$10
per person

TICKET ICE SCHEDULE - Effective October 1st

STROUD ARENA

Tuesday 4:00 p.m. - 5:20 p.m.
& Thursday 4:00 p.m. - 5:20 p.m.

LEFROY ARENA

Friday 4:00 p.m. - 5:20 p.m.

CHECK ONLINE AT www.innisfil.ca FOR CHANGES IN THE SCHEDULES!

WALKING TRACK HOURS INNISFIL RECREATION COMPLEX

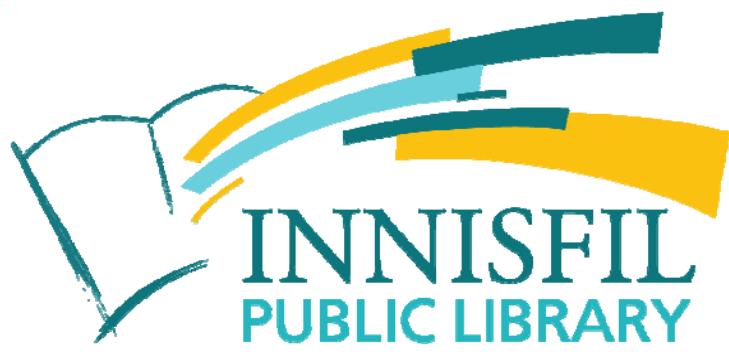
STARTING DECEMBER 3RD!

PAYMENT TO BE MADE AT THE YMCA COUNTER

Hours & Times	PARENT & TOT	SENIORS
TIMES:	Tuesdays 9:30 - 11:00 a.m Thursdays 9:30 - 11:00 a.m	Tuesdays 11:00 a.m - 12:30 p.m Wednesdays 9:30 - 11:00 a.m
FEES:	\$2.00 / Visit	\$2.00 / Visit



CAPACITY IS LIMITED, THE WALKING TRACK IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS.



Digital Media Lab

Free to use, the Library's new Digital Media Lab is just the place to make a short film, record your first hit single and much more. We have microphones, digital cameras, tripods, a giant green screen, and all the software you need to get your project off the ground, plus staff to show you how to get the most out of the lab. Stop by the Lakeshore Branch at any time to take a tour, or call us and book your time in the lab to bring your big ideas to life! (705-431-7410)

Check Out A Skill

Need help with your new e-reader or phone? Curious about our new 3D printer or some of the other cool new technologies we've been playing with in the library?

Book some one-on-one time with our resident tech experts! Appointments are available in one-hour blocks and can be made by contacting your local branch.



Arduino Kits

If you're interested in electronics, programming and building cool robotic devices, our Arduino lending kits are a great introduction to the world of physical computing. Check out a kit today to get started on your own interactive projects.

www.innisfil.library.on.ca

more inside

March Maker Madness

Love to make things? Join us this **March Break** for March Maker Madness.

Build, construct, craft, and hack your way through a week full of fun interactive adventures! Visit our website for details.

Drop-in Family Storytimes

Share in stories, songs, crafts and playtime. This one hour program is fun for the whole family. Come meet other families in the community and nurture your child's love of books.

Cookstown: Wednesdays 10:30am & Fridays 10:30am

Lakeshore: Fridays 10:30am & Saturdays 10:30am

Stroud: Fridays 10:30am



Coffee House

Enjoy a FREE cup of coffee and live performances by local musicians.

Free • Drop In • All Ages

Lakeshore Branch: First Wednesday of every month at 7 pm
Interested in performing? Let us know!
Call Deb at 705-431-7410 x 203

Library Locations

Cookstown

20 Church St., Cookstown
705-458-1273

Lakeshore

967 Innisfil Beach Rd., Alcona
705-431-7410

Churchill

2282 4th Line, Churchill
705-456-2671

Stroud

7883 Yonge St., Stroud
705-436-1681

MUNICIPAL INFORMATION

TOWN OF INNISFIL COUNCIL MEMBERS

December 1, 2010 - November 30, 2014

MAYOR BARB BAGULEY
Email: bbaguley@innisfil.ca

DEPUTY MAYOR DAN DAVIDSON
Email: ddavidson@innisfil.ca

COUNCILLOR DOUG LOUGHEED
Email: dlougheed@innisfil.ca

COUNCILLOR RICHARD SIMPSON
Email: rsimpson@innisfil.ca

COUNCILLOR KEN SIMPSON
Email: ksimpson@innisfil.ca

COUNCILLOR ROD BOYNTON
Email: rboynton@innisfil.ca

COUNCILLOR BILL LOUGHEAD
Email: bloughead@innisfil.ca

COUNCILLOR MARIA BAIER
Email: mbaier@innisfil.ca

COUNCILLOR LYNN DOLLIN
Email: ldollin@innisfil.ca

PLEASE DIRECT ALL COUNCIL MEMBERS

CORRESPONDENCE TO:

2101 Innisfil Beach Road,
Innisfil, Ontario L9S 1A1

**ALL COUNCIL MEMBERS
CAN ALSO BE REACHED THROUGH
THE TOWN OF INNISFIL:**

TEL: (705) 436-3710 FAX: (705) 436-7120

MUNICIPAL SERVICE TELEPHONE DIRECTORY

Municipal Office		
(2101 Innisfil Beach Road)		705 436-3710
Clerks Services		
Mayor and Council Office		
Municipal Law		
Human Resources		
Financial Services		
Technical Services		
Customer Service		
Inspection Service		
Parks / Operational Services		
Programs and Facility Bookings		
Utilities Services		
Lefroy Arena		705 456-2581
Stroud Arena		705 436-3321
Innisfil Parks & Recreation Pager #		705 716-7513
WARD 1		
Animal Control		705 431-2882
Water Treatment		705 431-8448
Police Services		705 436-4263
Fire		705 436-2763
Dog Licensing		705 436-3710
Library Stroud		705 436-1681
Churchill		705 456-2671
Cookstown		705 458-1273
Lakeshore		705 431-7410
South Simcoe Police		705 436-2141
WARD 2		
2137 Innisfil Beach Rd		
Innisfil, Ontario L9S 1A2		
Innisfil Fire & Rescue		705 436-2763
780 Innisfil Beach Rd		
WARD 3		
Innisfil, Ontario L9S 2C3		
Innisfil Hydro		705 431-4321
2073 Commerce Park Dr		
Innisfil, Ontario L9S 4A2		
WARD 4		
OTHER FREQUENTLY CALLED NUMBERS		
Innisfil Chamber of Commerce		705 431-4199
Human Resources Centre (Barrie)		705 728-2468
Member of Parliament		905 898-1600
Member of Provincial Parliament		905 478-2572
Royal Victoria Hospital		705 728-9802
Simcoe County Health Unit		
Cookstown		705 458-1103
Barrie		705 721-7330
Simcoe County Board of Education		705 728-7570
Separate School Board		705 722-3555
WARD 5		
WARD 6		
WARD 7		

CONTACT INFORMATION

CURLING CLUBS		Welcome Wagon	Lefroy Skating Club	CHURCHES	
Churchill Curling Club	456-2100	Elsa	436 - 6205	Joanne Balazs, President	722-6457
James Patrick	456-0059	Beth	431 - 6675	Scouts Canada	1-888-SCOUTS-NOW
Cookstown Curling Club		Janice	431 - 6163	1st Alcona Group	
Sylvia Murphy	705-435-9636	Marilyn	431 - 8193	Terry Lynn Duesbury	431-9850
SCHOOLS		ADULT ORGANIZATION		CONTACTS	
Stroud Curling Club		Alcona Glen Elem. School	431-5918	Innisfil Gentlemen's Hockey	Innisfil Community 436-1611
Bert Johnson	436-1473	Bouncing Ball Co-op Nursery School	436-1569	Mike Power	794-7827 Lefroy United 456-2098
LIONS CLUBS		Cookstown Central Public	458-4461	Innisfil Men's Ball Hockey	New Life Fellowship Baptist 436-5413
Gilford & District Lions Club		Cookstown Co-op Playgroup		(289) 439-0797	
John Hamilton Jr.	451-0378	Bryan Haas	458-8468	Innisfil Co-ed Broomball League	St. James United 436-5225
Innisfil Lions Club		Goodfellow Public School	436-3600	Barb Burnley (905) 729 - 4759	St. Paul's Anglican 722-7755
Lynda Haskin	431-6231	Holy Cross Catholic School	431-2935	Innisfil Soccer Club	St. Peter's Anglican 456-4396
Thornton Lions Club		Innisfil Central Public	456-2534	Carol Nobes 431-4516	
Warren Bagley	458-9358	Killarney Beach Public	456-2630	Innisfil Women's 3 Pitch League	Stroud Presbyterian 436-3323
ABC Hall	Janet Deacon	Nantyr Shores Secondary	431-5950	Gillian Ferrier 705-739-0902	Innisfil Fire & Rescue 436-2763
Bon Secour Snowmobile Club		St. Francis of Assisi	431-5711	Sandy Cove Senior Men's Baseball	
bonsecour@rogers.com		Sunnybrae Public School	436-1100	John McCutcheon 431-8662	Stroud Mixed Slo Pitch 436-3710
Cookstown Agricultural Society		Girl Guides of Canada - Ages 5 and up		Jennifer Boem 791-2174	Innisfil Municipal Office 436-3710
Barb & Dave Marling	458-4590	1-877-323-4545 Ext. 5132		Sunday Nite Ball (Mixed)	Innisfil Recreation Complex 436-3710 Ext. 4590
Cookstown Chamber of Commerce		Innisfil Minor Baseball Assoc.		Gord Antle 294-0987	
	458-7007	www.innisfilbaseball.com		York Simcoe Adult Ringette	Innisfil YMCA 431-9622
Cookstown Maple Leaf Seniors Club		Innisfil Ball Hockey		Yvette Kramer 905-778-9268	
Bruce Hudson, Pres.	458 - 2219	Karen Roberts	705 999-2724		Royal Victoria Hospital 728-9802
Gilford & District Horticultural Society		Innisfil Figure Skating Club			South Simcoe Police Ser. 436-2141
Eveline Teras	436-4776	Shawwnna Harrison	431-6458	Churchill Community Centre	436-3710 South Simcoe Theatre 458-4432
Innisfil Chamber of Commerce		Innisfil Minor Baseball Assoc.		Cookstown Library & Community Centre	436-3710 Gildford Playgroup 905-778-1022
	431-4199	www.innisfilbaseball.com		Gilford Community Hall	
Innisfil Historical Society		Innisfil Minor Broomball League		Beth 705-456-6777	CHILD CARE
Donna Wice	436-2578	Debra Doohan	(705) 424-5332	Irene 705-456-3732	Bouncing Ball Co-op Nursery School 436-1569
Nantyr Beach Association		Innisfil Minor Hockey Association		gildfordhall@yahoo.ca	
Dagmar Schubert, Treas.	431-4130	Gord Wauchope, President	431-6089	Grange Hall	456-8426 Simcoe Childcare Serv. 431-2407
Dante Durante	436-9585			Patty Finn	
Painswick Horticultural Society		Innisfil Minor Lacrosse		Innisfil Lions Hall	431-6231 YMCA Childcare 436-9411
Fran Burton	705-735-6406	Sonia Hardie	(705) 294-6014	Lynda Haskin	
Donna Wice	436-2578	Scott Northcott	431-4113	Knock School Heritage Site	436-3710 Royal Canadian Legion Br.547 431-9231
Rotary Club of Innisfil		Innisfil Minor Softball League		South Innisfil Community Centre	
Shawn Gannaw, Pres.	456-1899			(Lefroy Arena)	456-2581 Cookstown Public Library 458-1273
Royal Canadian Legion		Innisfil Soccer Club		Stroud Innisfil Recreation Centre	
Branch 547	456-2531	Carol Nobes	431-4516	(Stroud Arena)	436-3321 Innisfil Public Library Lakeshore Branch 431-7410
Bill VanBerkel	456-2462	Lefroy Minor Hockey Assoc.		Adam Mathias 458-6642	Stroud Public Library 436-1681

Please call Innisfil Parks & Recreation Office at 436-3710 for any updates to this page.

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Form
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- **Preschool, Child & Youth Programs**
- **Swimming Lessons and Aquatic Leadership Programs**
- **Youth Leadership Development Programs**

www.ymcaofsimcoemuskoka.ca/innisfil-ymca

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Lessons Only: \$179

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www.skisnowvalley.com

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